100 WARTBURG BLVD., WAVERLY, IA 50677

CHANGE SERVICE REQUESTED

NONPROFIT ORG
US POSTAGE
PAID
WARTBURG COLLEGE.

RUN THE VALLEY

SPECIAL SECTION
Current events, as well as places of worship, arts and holiday celebrations in Cedar Valley. **p. 1a**

WARTBURG TRUMPET

December 11, 2018 | For more news, go to www.wartburgtrumpet.com | Volume 113, Number 09

COMMENCEMENT HELD

Students enjoy mid-year ceremony

Around 20 students gathered in the Wartburg Chapel on Sunday, Dec. 9 for Wartburg's mid-year commencement. The Rev. Brian Beckstrom, dean of spiritual life and Moehlmann chaplaincy chair, delivered the message, "More Than a Piece of Paper," as students celebrated the accomplishment. -**Julie Drewes**/*MARKETING AND COMM.*

Stress breaks suggested during finals

MEGAN STEPHENSON
EDITOR-IN-CHIEF
megan.stephenson@wartburg.edu

With finals week in full swing students are working overtime to wrap up the semester. To provide students the opportunity for a "brain break," Wartburg Counseling Services hosted a stress-free zone on Monday, Dec. 10.

Molly Wertz, a counselor at Wartburg, said events like this give students a much-needed break from studying.

"I think you can only study for so long and then you do need a break," Wertz said. "It reminds students to take a little time from studying and just recharge."

The event featured arts and crafts opportunities, such as ornament decorating and stress-relieving activities such as massages and a Play-Doh area.

"When I think about studying, one of the things I talk about with students is 45 minutes on, 15 minutes off," Stephanie Newsom, director of counseling services, said. "Take that break just to rest your brain, relax a little bit, whether that means you go grab a cup of coffee or catch up on your phone."

Newsom advises against hours-long study sessions, as the human brain does not work best in that environment without breaks. For students who have multiple exams or projects due on one day, the stress of balancing a large amount of work and breaks may arise, but Wertz said it is OK to feel stressed.

Finals week, p.3

ARTS & ENTERTAINMENT

National Honor Band

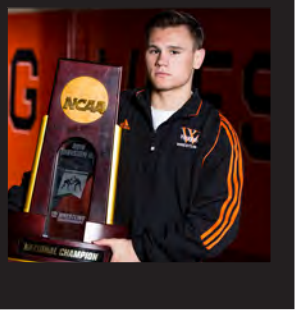
Five students were selected to go to the National Honor Band

PAGE 08

SPORTS

Brock Rathbun feature

Wartburg wrestler Brock Rathbun faces obstacles on and off the mat



PAGE 10

KNIGHTLIFE

Tips for finals

Tips and tricks for navigating finals week

PAGE 05

December 11, 2018

TRUMPET

FALL 2018

VOLUME 113 ISSUE 09

LETTER FROM THE EDITOR

A great semester

MEGAN STEPHENSON
EDITOR-IN-CHIEF
megan.stephenson@wartburg.edu

Thank you for grabbing this week's issue of the Wartburg Trumpet!

As we wrap up the semester, I want to thank each and every reader for the support and positive feedback we have received. Knowing we have made an impact on the Wartburg community makes all of the hard work that we do worth it.

This is also a special issue in that it represents one of the Trumpet's biggest goals of the semester-- to integrate more students into our content. Featuring a special section created by Dr. Jessica M. Martin's COM 305 Print Journalism students, this issue gives students the chance to see their work come to life in the Trumpet.

As always, I hope you enjoy this issue.

IN THIS ISSUE

P3/NEWS
Finals week
Megan Stephenson

P4/NEWS
Entertainment ToKnight
Nea Muhović
TEDx planning
Nea Muhović
New director of ID studies
Kendall Erenberger

P5/KNIGHTLIFE
Op/Ed on SAD
Gale Trimble
Study hacks
Megan Stephenson

P6/KNIGHTLIFE
Dr. Squirrel advice
Trumpet Staff
Impact of loans
Krystal Johnson
Wreath D.I.Y.

P1A-12A/Special: RUN THE VALLEY
Current events in Cedar Valley
COM 305 Print Journalism Students

P7/CULTURE & DIVERSITY
Kwanzaa
Silvia Oakland
Chris Steadman
Silvia Oakland

P8/ARTS & ENTERTAINMENT
Honor band students
Silvia Oakland
Netflix Review
PeytonMeisner
Music review
Silvia Oakland

P9/SPORTS
Jaran Sabus feature
Peyton Meisner
Men's basketball vs. UW-La Crosse

P10/SPORTS
Brock Rathbun feature
Annika Wall

P11/SPORTS
Tori Hazard feature
Ryan Reebenacker
Wrestling vs. Cornell
Annika Wall
Sacia named award finalist

P12/SPORTS
Cedar Falls basketball feature
Annika Wall
Women's basketball vs. UW-Eau Claire
Annika Wall

THE NEWSROOM

GET INVOLVED

We want your feedback! Send us your comments, questions or concerns to trumpet@wartburg.edu with "Letter to the Editor" in the subject line.

The Wartburg Trumpet is published most Mondays during the academic year.

STORY MEETINGS

The Wartburg Trumpet story meetings are every Monday at 4:30 p.m. in McElroy 133. To submit a story idea, email trumpet@wartburg.edu by Saturday at 5:00 p.m. To sign up for a story, attend the Monday meetings or contact Megan Stephenson at megan.stephenson@wartburg.edu.

NEW WRITERS WANTED

The Wartburg Trumpet is looking for passionate writers to be a part of their team. Contact Megan Stephenson at megan.stephenson@wartburg.edu.

CONNECT WITH THE TRUMPET

www.wartburgtrumpet.com

FACEBOOK

@wartburgtrumpet

TWITTER

@wartburgtrumpet

STAFF MEMBERS

Megan Stephenson
Editor-in-Chief
megan.stephenson@wartburg.edu

Kendall Erenberger
News Editor
kendall.erenberger@wartburg.edu

Krystal Johnson
Knightlife and Op-Ed Editor
krystal.johnson@wartburg.edu

Annika Wall
Sports Editor
annika.wall@wartburg.edu

Silvia Oakland
Arts & Entertainment Editor
silvia.oakland@wartburg.edu

Anthony QuesadaSanchez
Graphic Artist
a.quesadasanchez@wartburg.edu

Lexi Bodzioch
News Writer and Photo Editor
alexis.bodzioch@wartburg.edu

Gale Trimble
Features and Knightlife Writer
gale.trimble@wartburg.edu

Ryan Reebenacker
Sports Writer
ryan.reebenacker@wartburg.edu

Bendita DosSantosCarmo
Social Media and Online Manager
b.dossantoscarmo@wartburg.edu

Jessica Martin
Faculty Advisor
jessica.martin@wartburg.edu

Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 500 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to megan.stephenson@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Finals week hits Wartburg at full force

◂ Continued from p. 1

"I think a lot of times we get really freaked out by stress and our society has made stress to be this awful thing," Wertz said. "I think it's good to normalize and for people to understand 'well I am going to feel stressed right now because this is finals week.' It can help you stay focused and motivated. Often it is our perception of the stress that makes it worse than what it really is, so have your stress work with you instead of against you."

Wertz suggests students take advantage of stress rather than let it become debilitating. Newsom agrees, and said that stress is something everyone is affected by, but what makes it bad for some is an inability to manage stress.

"I think sometimes we can take it personal if we feel like we haven't done well on an exam," Newsom said. "People associate that with I'm a bad person in some kind of way, and they aren't."

Newsom talks to students about evaluating themselves each semester.

"College is about learning," Wertz said. "You are going to keep growing and evolving from semester to semester."

To schedule an appointment, go to the Pathways tab on Wartburg's Info Center, or visit the Pathways Center on the third floor of Vogel Library or email them directly.

Wartburg held its traditional Midnight Breakfast the Sunday night before finals. Faculty and staff volunteer to serve food to students to kick off their finals week. **-Lexi Bodzioch**/*TRUMPET*

Christmas Break is almost here!

But, before you leave campus for the holidays, remember:

- ★ Unplug all electronics and appliances including your refrigerator.
- ★ Throw away perishable items and take all trash to dumpsters.
- ★ Take home all dirty laundry.
- ★ Close and lock your windows.
- ★ Shut blinds/curtains.
- ★ Turn heat to low (not off).

Residence halls will close on Friday, Dec. 14

If you are not a registered break housing student, it will not be possible for you to enter any residence hall until Sunday, Jan. 6. In an emergency situation to retrieve personal belongings, Campus Security will escort a student to their room during the hours of 2-3 p.m. each day. If you need to make such a request, please call in advance (x8372) and have a photo ID with you.

Director of new Center for Integrative ID Studies

KENDALL ERENBERGER
NEWS EDITOR
kendall.erenberger@wartburg.edu

Dr. David McCullough is set to begin service as the first director of the Center for Integrative and Interdisciplinary Studies at Wartburg College.

"We were thinking of ways to more fully commit to and better support our focus on interdisciplinary," Brian Ernsting, dean of faculty, said. "I think that the way to do that, and the Focus on the Future planning group agreed, was to raise its profile by forming a center and having someone whose job it is to Shepard interdisciplinary activities."

McCullough has received a slot release in order to run the center, however he will continue teaching and be involved in faculty committees.

David McCullough

"Most jobs out there require a lot of interaction between individuals, multitasking, using different techniques and ideas through different disciplines," McCullough said. "So, we want to prepare students the best way possible. In order to elevate that idea to a much more proactive way we decided to make the center."

The center started with a search for a new study abroad administrator, as integrative and interdisciplinary areas find a home in the center, according to Ernsting. Another project that the center is working on is hiring a Regents Chair in Ethics.

"The founding documents for the Regents Chair in Ethics really imagine someone who works across disciplines," Ernsting said. "So, we really want to make sure that as we hire a new Regents Chair in Ethics that we would have those original founding documents in mind."

The center has started looking into Interdisciplinary Studies (ID) courses as well. Ernsting said there will not be much of an impact right away, but he hopes that having someone who is a champion for ID courses will improve the area.

"I want to be able to bring the faculty, students and community together," McCullough said. "It's kind of a big picture but I think it has a lot of potential."

For more information, contact McCullough at david.mccullough@wartburg.edu.

TEDx Wartburg College plans for 2019

NEA MUHOVIĆ
STAFF WRITER
irnea.muhovic@wartburg.edu

Johanna Kluck giving her talk "Changing Scientific Publication to Scientific Dialogue," at TEDx Wartburg College 2018. *-MARKETING & COMM.*

After a successful start last year, TEDx Wartburg College is in full preparation for the upcoming TED Talks for 2019. The theme for the Spring is Innovational Generations.

"This is the best opportunity to spread your idea," Nathan Trabue, TEDx Wartburg College lead curator, said. "We make sure to help everyone so when they go up on the stage that day and all the cameras are rolling, everyone has the best outcome."

Applications for next year's speakers are open. There are no prerequisites to become a TEDx speaker. It is recommended for the topic to be within the selected theme for each year.

"There are many people here with great ideas," Alejandro Salazar, TEDx Wartburg College lead organizer, said. "They should be given the opportunity of a platform that is not just local, but that expands on a global scale."

TEDx Wartburg College is licensed under TEDx. The contract states strict rules that have to be followed. Speeches cannot be political or push personal agendas. Following the contract, TEDx Wartburg College had 100 seats available last year, which filled up quickly.

"Especially in such a small college, we don't necessarily have the global outreach that other colleges may have," Trabue said. "It gives our campus something to stand out because there's only one or two D3 colleges in Iowa that have had a TED Talk."

Trabue said he enjoyed organizing the TEDx program last year and is really looking forward to next spring.

"I've always wanted to help people as much as I can whether that be physically, mentally or whatever. That's why I was drawn by TEDx," Trabue said.

Maria Munguia Cortes, one of the last year's speakers, said that she had an amazing experience with the TED Talks and that sometimes she still can't believe it happened.

"I applied because I wanted to inspire people with my experiences and hope that they could apply some of the things I did into their lives," Munguia Cortes said. "They [potential TEDx speakers] need to do it when they really feel like they have the time and energy for a talk because you want it to be powerful, impactful and life changing."

Each TED Talk from the last academic year with the theme "Embracing the Future" are available on YouTube.

For more information on TEDx Wartburg College, contact Nathan Trabue at nathan.trabue@wartbug.edu, Alejandro Salazar at a.salazarbasantes@wartburg.edu or go to wartburg.edu/tedx.

ETK holds Bingo, prepares for next term

NEA MUHOVIĆ
STAFF WRITER
irnea.muhovic@wartburg.edu

"I think for you to really enjoy your time and grow as a person and find yourself in college, you need to have other experiences besides just going to classes."
-Danielle Gerlach, ETK President

Entertainment ToKnight, commonly known as ETK among students, organizes a variety of events throughout each academic year on campus from bingo nights to comedians and concerts.

ETK provides activities for students to meet each other, feel free to express themselves and be part of a bigger community.

"I think for you to really enjoy your time and grow as a person and find yourself in college, you need to have other experiences besides just going to classes," Danielle Gerlach, ETK president, said.

Surprise Bingo was the last ETK sponsored event of the fall term, which was held on Dec. 6. The event featured a surprise theme with a twist as the theme-based prizes are wrapped Christmas presents.

While Surprise Bingo was the last ETK sponsored event this semester, there are many more in the upcoming Winter Term.

The first event after the holiday break will feature comedian magician Ben Siedman on Jan. 6, 2019. On Jan. 24, ETK is hosting a performance by Free Daps, who are freestyle rappers. ETK organizes a large event, such as a live concert every other year.

In October 2018, All American Rejects performed to a packed crowd of 1,200 people on campus. ETK organizes the events, however the general student population chooses the acts for the large event, including the act and the musical genre.

At the culmination of each academic year ETK sends out a survey on ideas for future acts to the student body.

"We have to plan everything about a year in advance," McCalla said. "We have to have the whole schedule figured out."

Applications will be available for executive team members of ETK for the upcoming academic year of 2019-20 in the Winter Term. For more information, email etk@wartburg.edu.

ABOVE: Prizes at the Suprise Bingo were wrapped in Christmas paper and all were different kinds of board games. BELOW: Students were invided to Suprise Bingo, hosted by Entertainment ToKnight in the ballrooms. -**Lexi Bodzioch**/*TRUMPET*

OPINION: A student experience with SAD

GALE TRIMBLE
FEATURES AND KNIGHTLIFE WRITER
gale.trimble@wartburg.edu

When we think of Fall, most of us look forward to something: sweaters, pumpkin spice, horror movies, football and more. However, some of us have to consider Seasonal Affective Disorder (SAD), which can come with the seasons changing. Sometimes known as seasonal depression, it can onset when the seasons start to change, according to the Mayo Clinic website.

For myself, I was first diagnosed with depression and anxiety at 15 years old, then later with SAD. Once Fall arrives, my symptoms usually last through the Winter months and end when Spring arrives, with the promise of warm sunny days. The excitement for the new school year comes and goes as everything becomes less interesting. During the Winter, I am used to feeling unmotivated and as the temperature dips below 60 degrees, those feelings become worse.

According to the Mayo Clinic website, the signs and symptoms of SAD are depression lasting most of the day and nearly every day, loss of interest in common activities, low energy, issues with sleeping, appetite changes, feeling sluggish or agitated, concentration issues, feeling hopeless, worthless or guilty, and frequent thoughts of suicide.

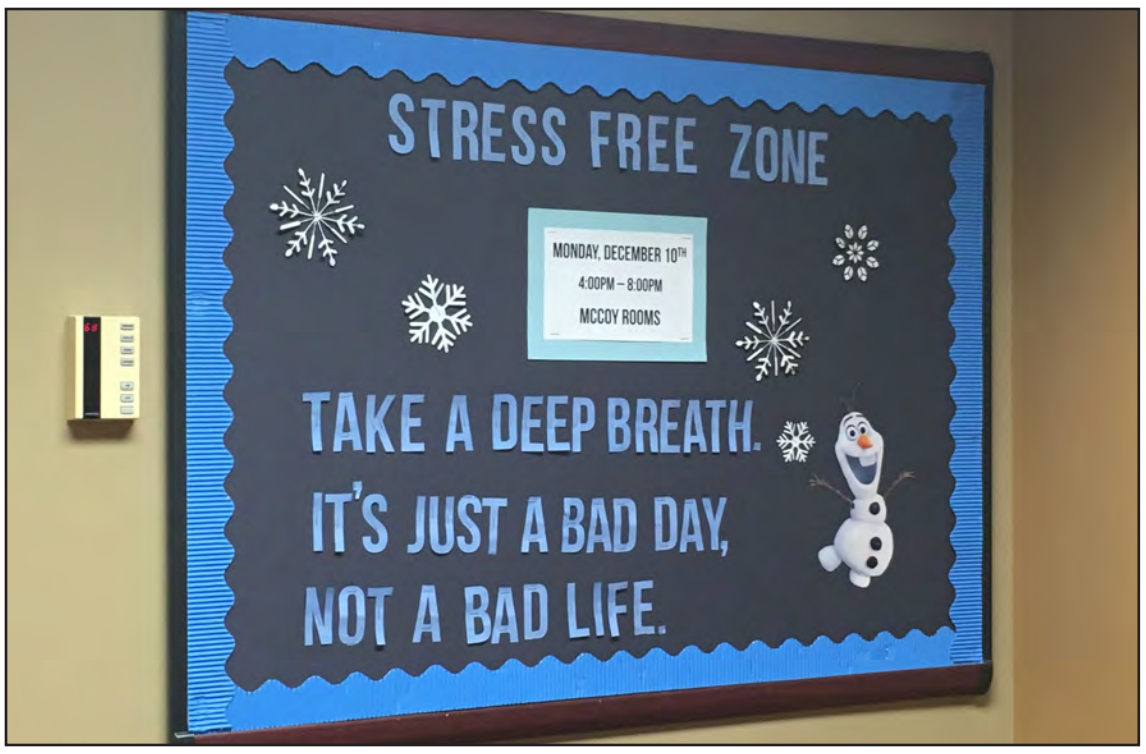
When my SAD hits, it is sudden. This year, it was the middle of the day when everything went dull. Eventually, I get used to the feeling. Counseling services on campus and other coping techniques I have learned over the years help me with the additional moodiness, lethargy and other symptoms.

While people are looking forward to cuddling up in the cold weather, I look forward to being unable to get out of my bed. As for football games, I look forward to avoiding the big crowds and opting to stay in my dorm. Classes get skipped and assignments are avoided.

I'm generally a good student and I hate skipping class, and not doing my assignments stresses me out. This adds to my anxiety, while my depression is telling me that it does not matter. There is a constant battle in my head, which only adds to feeling overwhelmed.

Through self-awareness, I can figure out when I need to reach out to others. This is usually by noticing a lack of motivation especially in the mornings to start my day, which is not like me normally.

When I ask for help, it is not hard to find my old self again. Eventually through help with counseling and other resources, I am better able to look forward to sweaters and pumpkin spice everything.



Pathways, which offers guidance and support to assist students as they identify and achieve their academic, personal and professional goals, is open 8 a.m. to 4:30 p.m. weekdays in Vogel Library 314.
-Annika Wall/*TRUMPET*

Study hacks: Be accountable and find a balance

MEGAN STEPHENSON
EDITOR-IN-CHIEF
megan.stephenson@wartburg.edu

Finals week can be a stressful time for students as they finish up papers and projects and prepare for exams.

While each student has a different approach to navigating the workload, it can be helpful to seek advice from students who have successfully endured finals week before.

Todd Greer, a senior psychology and Spanish major, said his biggest piece of advice, especially for first-year students, is to be accountable.

"Have a balance between an internal and external locus of control, meaning don't beat yourself up about finals but also hold yourself accountable," Greer said.

As a supplemental instructor, animal volunteer coordinator and an Institutional Review Board student representative, Greer has a busy schedule throughout the year, but has found ways to manage his time, especially during finals.

"I have been segmenting my time so that I can get an adequate amount of time to get everything done," Greer said. "I'm opting to start studying earlier rather than later. If I can space my studies out to 2-3 hours a day per class, then I can get more time to study each class instead of just the day or night before."

Many students attempt to cram studies and projects into one long session, but it can be beneficial to break it up and lean on the knowledge they have, hopefully, obtained over the course of the semester.

Jette Irgens, assistant director of Pathways, said that, ideally, students are reaping the benefits of all the work they have done throughout the semester during this time, rather than attempting to start fresh.

"You can now refer to your notes, you are finishing up things, but very few things should be started and completed at this time," Irgens said, "but we understand that that is not the reality for everyone."

If students have been held back by things such as stress side effects, poor time management, after effects of being sick or a busy schedule, Irgens encourages them to utilize the resources in Pathways, such as the math and writing labs.

Both Greer and Irgens said finding someone to actively study with can be beneficial, especially if someone is struggling to properly manage time.

"Find people you know will improve your learning while studying and not others that impede it," Greer said.

Irgens said sitting by yourself and skimming notes is not the best strategy.

"You need to do things more actively," Irgens said. "Write down answers, have another person test that you do now what is on the other side of that notecard."

Just looking at it, you can easily trick yourself into thinking you know something that you don't."

Taking personal time to relax, socialize and reenergize is also crucial to the preparation process.

"Take 'me' time," Greer said. "You only get one body and mind, so treat it with respect and don't push yourself too far."

Overall, it is important to understand that an exam does not define who someone is.

"Don't make an exam grade equal to the quality of your life or the quality of you as a human being," Irgens said. "I am so much more than the grade on that exam, and it's not the end of the story. That is my biggest advice. People screw up, they mess up, they are going to do things that they wish they had done differently, but we can't take it back and life goes on."

For help or advice on final projects, papers or studying techniques, go to the Pathways Center or contact Irgens at jette.irgens@wartburg.edu.

Pizza Cake in a Mug

INGREDIENTS:

- 4 tablespoons all purpose flour
- 1/8 teaspoon baking powder
- 1/8 teaspoon salt
- 3 tablespoons milk
- 1 tablespoon olive oil
- 1 tablespoon marinara sauce
- 1 generous tablespoon shredded mozzarella cheese
- 1/2 teaspoon dried Italian herbs
- Add preferred toppings

PREPARATION:

1. Start by mixing the flour, baking powder, baking soda and salt in a mug.
2. Then mix in the milk and oil. The mixture may be slightly lumpy but that's OK.
3. Spoon in the marinara and spread around the top of the batter.
4. Sprinkle on the cheese, dried herbs and other chosen ingredients .
5. Microwave between 1 to 5 minutes, based on the power of the microwave. When the toppings are bubbling and rising up, the pizza cake should be done and ready to eat.

Dear Dr. Squirrel

I'm stuck on campus during break, what should I expect campus to be like?

Staying on campus during breaks can sound pretty bleak. There's no one on campus, there's very few food options and there's not a lot to do. However, there are a lot of good benefits.

First, while there are not very many people at Wartburg during breaks, that does not mean that it is lonely. There are a surprising number of students who are in the same situation and are spending break on campus. This is a great opportunity to hangout with new people and get to know another side of campus.

Spending time in dorm common rooms is a great place to run into other students and make new friends. The holidays can be a lonely time but spending time with others can help both people put a little more spirit back into the season.

A benefit to not having a lot of people on campus is that it is quiet, which after the hustle and bustle of student dorms, it can be peaceful. By not having to go to classes or clubs or other on campus activities, it really allows students to appreciate Wartburg's campus.

Having a quiet campus also gives the opportunity for students to get things done that can't be done during the semester. Students can also catch up on Netflix by binging for hours on end, work on a DIY project that takes more time than homework usually allows or work on a personal project that can contribute to a professional portfolio.

A lack of food options can be a bummer, however students can work on enhancing cooking skills. After graduation there isn't going to be a dining hall to go to for lunch and dinner, so cooking during break can help prepare students for the future.

Almost every dorm has some sort of kitchen area where students are encouraged to cook meals during break. This is a great time to go onto Pinterest and make that recipe that has been waiting to be made.

While it may seem like there isn't a lot to do during break, keeping an open mind and being willing to explore can help pass the time. Waverly and the surrounding area has a lot to offer students who want to get out and enjoy some off campus leisure.

The local library has a lot of different events going on throughout the year, Duos is a relaxing atmosphere to go and get a cup of coffee and read a book or chat with other members of the community and going to any of the local churches can be a great place to meet new people.

Overall, it is about making the most of it and staying active.

For the special hoiday dining hours, check your Wartburg email for a complete list.

Looking for advice?

Ask Dr. Squirrel

Submit your questions at trumpet@wartburg.edu and Dr. Squirrel will answer them on our new column "Dear Dr. Squirrel"

According to a study done by Apartment List, 89 percent of millennials would like to be home owners but can't because of their student loans **-Photo courtesy of storyblocks.com**

Loans affect students' future financial status after college

KRYSTAL JOHNSON
KNIGHTLIFE AND OP-ED EDITOR
krystal.johnson@wartburg.edu

Student loans is a $1.4 trillion problem in America since 2012. According to an article written by Abigail Hess for CNBC, 60 percent of student debt will not be paid off until the person will reach their 40s.

A study done by OneWisconsion Institute found that it takes an average person 19.7 years to pay off loans accumulated while obtaining a bachelor's degree.

With these stats in mind, it's important for students at Wartburg to keep in mind what they are taking out in loans and how they are going to pay them off.

Jen Sassman, the director of the financial aid office, said that it is important for students to understand their financial aid package and pay attention to the amount of loans taken out each year.

"They should be conscious to only take out loans when it is absolutely necessary," Sassman said. "If they happen to borrow more than what they need, then they should either return some of the loan money to the lender or save it to to pay for future educational expenses."

Assistant professor of accounting, Justin Crouse, said that it is important for students to know what their loan payments are going to look like.

A problem that he has seen among students is the lack of knowledge about what their loans are going to look like and then being surprised once they receive their first payment.

"If we're not careful, we can get to a place where we can't really afford what our payment is going to be and that's a significant thing that will hang over our heads for a long period of time," Crouse said.

Crouse said that it is important to know what the loan payment is going to look like and keep track of what the student is putting on his or her bill.

It is important to only borrow what is absolutely needed because whatever money is borrowed is going to have to be paid off in full plus interest.

It is also important to note that depending on a loans interest rate, it can add between $6,000 to almost $12,000 in a ten year period on a $30,000 loan according to an article published on Creditable.

It's important to look at the type of interest that different loans have. There are certain loans, such as subsidized loans, that do not gather interest while a student is still in college.

To avoid having to pay a large amount of interest, a person can pay more than just their required loan payment each month. Any additional funds that a person can spare to go toward loan payments can affect how long it will take someone to pay off their loans.

"The more aggressive they [students] are at repaying loans in the beginning, the more they are apt to save," Sassman said.

Crouse said that doing research on a student's future career salary and then factoring out their standard of living, can help determine how much he or she can put aside for loan payments each month.

"Set up a real quick budget and see if it is even feasible and if it's not you really need to think hard on how to minimize those things," Crouse said.

The Wartburg Financial Office sends students indebtedness information to students each June, keeping them aware of their federal and private loans as they go through college.

There are also loan payment forgiveness programs that students can apply for based on their financial situations.

"The standard repayment is often most effective in terms of paying loans off sooner, however there are repayment options available based on income if the standard repayment is too challenging," Sassman said.

Of course there are other ways to pay for college besides taking out loans. Scholarships can help students avoid having a lot of debt in the future.

"There are all kind of scholarships out there that get very, very, very few applicants," Crouse said. "Take the time to fill out the application or send in some grade evidence or write an essay. Make sure you know what is available to you."

Crouse said that working over breaks or during the school year and saving that money to pay for tuition can help reduce the amount of money that a student needs to borrow each year.

DIY Christmas Bulb Wreath

Create an easy Christmas wreath that makes the perfect gift and will look more expensive than it actually is. Everything can be purchased at Dollar Tree for under 10 dollars.

1

To create a simple Christmas bulb wreath, a person needs a variety of bulbs in a variety of sizes (the more bulbs the fuller the wreath), a metal wreath outline, at least 50 yards of garland and a hot glue gun.

2

The first step is to wrap the wreath outline in garland. Depending on what garland is used, the ends can just wrap around the metal without the use of glue or tying it.

3

Next, take the biggest bulbs and glue them to the metal around the inside of the wreath. This will make it easier to fill in later.

4

Then take the rest of the bulbs and go around the wreath and fill it in until satisfied. It works better to put the second largest bulbs on first and then use the smallest ones to fill in the gaps.

5

The last step is to wait for the glue to dry and then find the perfect place to hang up the wreath.

Kwanzaa: Black freedom movement

SILVIA OAKLAND
A&E EDITOR
silvia.oakland@wartburg.edu

Kwanzaa, which is not a religiously affiliated holiday, is celebrated annually from Dec. 26 through Jan. 1. The celebration began in 1966 by Dr. Maulana Karenga during the Black Freedom Movement and has strived to spread a cultural message to promote what it means to be African and human. This year, with the help of students and faculty, Wartburg participated in a Kwanzaa celebration.

"We know a lot about Christmas and a little bit about Hanukkah, but not everybody knows a lot about Kwanzaa and even some black people don't know about it," Dees said. "It's not really about the gifts and it isn't religious in any form. Kwanzaa really represents unity and community, and I think a lot of times with Christmas I feel a lot of it can be lost because of the materialism and Kwanzaa isn't like that, so I wanted the event to be minimal because I really wanted to go with what Kwanzaa stands for."

On Dec. 3 at 8 p.m. in Chapel Commons, students gathered to participate in an early Kwanzaa celebration.

The event was organized by Jeannie Dees, Kwanzaa Chair and Black Student Union (BSU) general member, along with the collaboration of BSU as a whole. Dees led the event and was the primary speaker throughout the night, however for the lighting of the candles, Dees selected students and one faculty member to participate.

"I chose people who would represent each principle of the candles," Dees said. "I chose my friend for the second principle for self-determination because I know she's very self-determined."

Placed on a table at the front of Chapel Commons were seven candles, each representing Nguzo Saba, the principles of Kwanzaa. The table also included mazao, the crops, mkeka, the mat, kinara, the candle holder, muhindi, the corn, mishumaa saba, the seven candles, kikombe cha umoja, the unity cup, and zawadi, the gifts.

"It's celebrating our history," Breyanna Primous, BSU vice president, said. "It's not really a known thing, and if you think of holidays you think of Christmas and Hanukkah before Kwanzaa. We want to emphasis the culture we have, even if a lot of people don't celebrate it and knowing that we do have a holiday that people used to celebrate during troubling times."

During the event, Dees explained the meaning of each candle along with the significance of the items placed on the table. The event also featured Wartburg Duh-Veristy Knights (DVK) who performed a dance routine especially for the Kwanzaa celebration.

"BSU is not the one who plans it, it's the person who takes up Kwanzaa chair and hopefully it just becomes a tradition for years to come," Primous said. "For this celebration Jeannie talked to professors about extra credit and we had a pretty good turn out. With events like these people get to learn stuff with a diversity component."

Dees and alumnus Maya Weatherall, who both were a part of the BSU executive team, started the event three years ago after Weatherall came up with the idea. This is the first year that Dees was the main organizer of the event, along with BSU. Primous hopes that the event can continue to be celebrated on campus, even after she and Dees graduate in the spring of 2019.

For more information about BSU or how to get involved with BSU, contact Breyanna Primous at breyanna.primous@wartburg.edu.

Breyanna Primous (above) lights one of the candles during the Kwanzaa celebration. Dr. Joyce Boss (below) left reads the meaning of the candle she lighted . Duh-versity Knights (below right) performed a special dance routine for the night. **Silvia Oakland**/ *TRUMPET*

Telling a different story

SILVIA OAKLAND
A&E EDITOR
silvia.oakland@wartburg.edu

An interview with Chris Stedman: author, atheist and more

Chris Stedman visited Wartburg on Dec. 7 to speak from his book "Faitheist: How an Atheist Found Common Ground with the Religious" and discuss the roles Lutheran tradition and Lutheran instituitions help students of all beliefs.

As an atheist, what lead you to continue your studies in theology?

Chris Stedman: When I was at Augsburg, I realized I was an atheist but my religion professors really supported me in that they wanted me to understand why I believed the things I believed and I was deeply interested in trying to understand why others believe what they believe, how that plays a role in shaping their understanding of the world and their responsibility to act in the face of injustice.

So even though I realized I wasn't religious, I still was interested in trying to understand the role religion plays in the world and in people's lives.

What made you decide to write a book?

CS: As I met more and more atheists, it became really clear to me that that was not the majority perspective at all.

And I felt like my perspective and the perspective of others like me just wasn't represented. Part of why I wanted to write the book was because I think that we live in a world where religion is so often seen as a source of conflict as disagreement, in order to combat that we have to tell a different story.

In your talk you mentioned the word 'humanist'. What in your own words does it mean to be one?

CS: My answer is that if we see problems in the world that we have a responsibility as human beings to work together to try to address them.

That's part of why I'm so passionate about working with people of faith, to try to understand what we have in common to work together to address the challenges that we all share.

I think ultimately that's part of what it means to be human, to help each other along the way and to recognize that what happens to me affects you what happens to you affects me.

Putting aside the technical definition of humanism, that's to me what it means.

What do you hope that those who attended your talk gain from your presence at Wartburg?

CS: My hope would be that anyone who came to the event or anyone I had the chance to encounter is that people would leave go back into their communities and tell their own stories and ask questions of others and listen deeply to where others are coming from. To recognize that we all have a story worth understanding, worth hearing.

To read the full interview with Chris and view photos from his talk at Wartburg, go to wartburgtrumpet.com

Five students selected for National Honor Band

Scott Eiklenborg, Carlee Bertram, Logan Merley, Payton Brinkman and Garrett Arensdorf are the selected members and alternates for the CBDNA Conference in 2019. -**Photo courtesy of WCCB Facebook**

SILVIA OAKALND
A&E EDITOR
silvia.oakland@wartburg.edu

On Nov. 29, five students were chosen to be a part of the National Band for the Collegiate Band Directors National Association Convention (CBDNA) in Temple, Ariz. from Feb. 20-23, 2019. Three students, Carlee Bertram, Garrett Arensdorf and Scott Eiklenborg were the selected members to attend the convention. Payton Brinkman and Logan Merley were the two students selected to be alternates for the conference.

Dr. Craig Hancock, director of the Wind Ensemble, was the one to fill out the nomination forms for the students and knows they all have worked hard to receive this honor.

"They practiced a ton, performed a ton and overall worked a ton," Hancock said. "All of them being the best they can be on their instrument."

According to the CBDNA, this conference started in the 1930s when CBDNA became so heavily populated with band directors that the group soon became known as the Committee on College and University Bands.

Arensdorf was selected for the CBDNA conference as a first-year and has the honor of attending again during his third-year.

"It was scary," Arensdorf said, recalling on his first experience at CBDNA. "I remember doing honor bands in high school and driving to colleges and playing with a college director, but at this experience everyone was incredible musicians. It was intimidating but was also a great opportunity to make some of the best music I've made."

Eiklenborg has been attending honor bands since the sixth grade and had the opportunity to attend last year's Midwest Honor Band. With the different honor bands, Eiklenborg acknowledges that with time the levels of musicianship increase with difficulty. As a percussion performance major, Eiklenborg uses opportunities like CBDNA to meet other professional percussionists.

"One of the best things about these types of opportunities for performance majors is getting to network with other professionals in the field," Eiklenborg said. "We see what they're doing and compare where we all are in our musical abilities. The ability to bond with these people in such a short period of time is an amazing experience as well."

Wartburg College is under the category of 'small college/community colleges' in CBDNA. This committee's responsibility, as stated by the CBDNA website, is to "respond to the concerns of all community college band directors, as well as those at 4-year institutions with enrollments under 5000 students."

While Wartburg may be classified as a small college band, Arensdort hopes to bring back big emotions to the college and to Wind Ensemble.

"I think there is a sense of pride we can bring to the program," Arensdorf said. "There's only three of us from Wartburg and only one other school in the state of Iowa that I know got selected. That says a lot about the band program here."

Review: Norm Macdonald has a show

Sitting comfortably with his special guests, Macdonald gives the audience good laughs and has a good conversation with each guest. **- Photo courtesy of Netflix**

PEYTON MEISNER
GUEST WRITER
peyton.meisner@wartburg.edu

The producers of "Norm Macdonald Has a Show" take a refreshing approach to talk shows. The show is hosted by Norm Macdonald, former Saturday Night Live cast member and Weekend Update host, alongside longtime sidekick Adam Eget.

Macdonald's setup is truly unconventional with no suit, house band or opening monologue, the host starts each show by walking onto the set with his guest from backstage, where the audience can see the guts of the set.

Each episode ends with a segment called "Jokes," where Macdonald and his guest read ridiculous one liners from blue index cards.

To close the show, Macdonald and Eget sing a jazz rendition of the call-and-response closing theme to "The Wayne & Shuster Show," a comedy variety program that aired from 1955 to 1985 on the Canadian Broadcasting Corporation.

Macdonald uses a bit of a strange sense of humor that leaves viewers laughing, but confused. Midway through David Letterman's appearance as a guest, things went so hilariously off the rails, that Letterman said "Let me ask you a question: is it still Tuesday?"

Packed with star studded guests including David Spade, Judge Judy Sheindlin, M. Night Shyamalan, Drew Barrymore, Jane Fonda and David Letterman, the entertainment value is off the charts.

Spade recalls his first time meeting Johnny Carson, Fonda and Macdonald share a long kiss and Macdonald performs a duet with country music legend Billy Joe Shaver.

In a time where civil discourse has become increasingly rare, "Norm Macdonald Has a Show," reminds viewers that a sincere conversation can still happen and has the ability be powerful. Any fan of great dialogue, comedy and celebrity interviews, will find the series binge-worthy.

Adulting is hard, according to Alessia Cara

SILVIA OAKALND
A&E EDITOR
silvia.oakland@wartburg.edu

Alessia Cara wears an oversized suit to show that growing into adulthood can feel like a big job. **- Photo courtesy of PM Studio**

All kids seem to dream about is being adults and growing up. However, when kids reach the "young adult" age, the memories of being a child and having a carefree life are desperately missed.

Alessia Cara's second album "The Pains of Growing" describes how painfully real growing up can be with fun beats and clever lyrics. When listeners first heard Cara, it was on her break through song "Here," a song dedicated to those who feel awkward and out of place at parties.

In 2018, Cara was named best new artist at the Grammy Awards and was featured on songs such as Logic's "1-800-273-8255" and Lin Manuel Miranda's "How Far I'll Go" for Disney's animated feature film, "Moana."

From her first album "Know It All," Cara's voice and writing skills have both improved, with nearly every song on her latest album written or co-written by Cara. Two songs on the album, "I Don't Want To" and "A Little More" were written, produced and engineered, in the basement of Cara's home only using her acoustic guitar and vocals. Those two songs pay homage to the old days of performing covers on Youtube which was how she first claimed fame.

While Cara produced some of her own work, she received help from Pop and Oak, the production pair that helped produce her first single, as well as nearly half of her second album.

On the video for "Growing Pains," the first track on the album and the first music video released, Cara changed from a simple dress to a full oversized suit.

Moving to her next release, "Not Today," a song where Cara discusses a realization that she will be OK one day, she is featured only in the oversized suit for the entirety of the video.

Each song has a different way of describing the difficulties of growing up, whether the song features an upbeat rhythm or a slower melancholy tone, Cara works to present the struggles of love, depression and life, on the road as a 22-year-old. On "Wherever I Live," Cara described the not-so-glamorous lifestyle of a traveling artist.

Cara does touch on typical pop music topics such as love and heartbreak, but she also takes a shot at discussing what "Mr. Maker" would think of the world right now as she sings "Does he hang his head at all the greed that we possess?/As the anti-social media perpetuates the mess."

With simple but catchy rhythms, along with well-written lyrics, Cara's second album has been given four stars out of five on "Rolling Stone" Magazine and NME. From her first album to now, Cara has always seen herself as an outsider, but she seems to have found a style that suits her just fine.

Representing a nation

Sabus uses international experience to fuel success

PEYTON MEISNER
STAFF WRITER
peyton.meisner@wartburg.edu

(Left) Jaran Sabus '19 has led the Knights in scoring his senior season with 1,223 points. - **Julie Drewes**/*MARKETING & COMM.* (Right) Sabus represented Division III basketball this summer after traveling to Brazil. -**Photo courtesy of Jaran Sabus**

The men's basketball season is underway, which means for Jaran Sabus '19, it is the last year the Urbandale native will play for the Knights. Sabus has been lights out to start the young season, averaging 21.1 points and 4.9 rebounds per game.

Sabus entered the season 30th in program history for scoring and has climbed up the record books. To date, he ranks 16th with 1,223 points.

In the summer of 2018, Sabus was selected to travel with Division III USA basketball to Brazil where he and eight other athletes competed against top competitors from around the world.

"Playing with some of the best Division III players in the United States taught me a lot about who I am as a player," Sabus said.

While in Brazil, Sabus played against development players on Brazil's professional club teams. The opponents are equivalent to those in the NBA's G-League. In competition, Sabus's team went 5-0.

"Going undefeated was a great feeling, and it made the trip that much better," Sabus said.

Sabus believes he can take what he learned over this summer and carry it into this season.

"Learning how to play with other talented players, and playing against tough competition will help me a lot this year when we play against top teams and get into tough situations," Sabus said.

As for this year, Sabus is excited about what the Knights have to bring to the table.

"We lost a few key players, but this year's senior class plays very well together, and along with some promising players coming off the bench such as Tyler Zumbach '20 and Camry Moore '20, I feel we can accomplish some great things," Sabus said.

Cam Kickbush '19 feels Sabus will use this summer's trip to lead the Knights to success.

"Jaran is one of the toughest competitors I know," Kickbush said, "His competitive nature gets everyone else on the court going at their highest level."

The Knights are currently 5-4 on the season, picking up quality wins over Viterbo and Simpson, while dropping two tough losses to Coe and Loras. They travel to Fort Lauderdale, FL to take on New England College and Suny Poly Dec. 20-21.

> *"Playing with some of the best Division III players in the United States taught me a lot about who I am as a player.*
>
> *- Jaran Sabus '19, senior guard*

Center Josh Gehling '19 scored 15 points in the Knights' loss on Sunday. - *MARKETING AND COMM.*

Knights drop third straight game

WARTBURG SPORTS INFORMATION
brandon.lindholm@wartburg.edu

The Wartburg College Knights men's basketball squad (5-4 overall) fell 86-77 to University of Wisconsin-La Crosse (5-3) on Sunday afternoon.

Cam Kickbush

The Knights scored the game's first points when Cam Kickbush '19 connected on a three-pointer off of a pass from fellow guard Jaran Sabus '19 to take the first lead of the game on the first offensive possession. The Knights held on to the lead for the game's first two minutes before UW-La Crosse's Josh Dahlke nailed a three-pointer to take a 7-5 lead with 17:43 left to play in the first.

Both teams played one another very competitively, as neither squad managed to lead by more than four points throughout the first half. The two teams went into the break with the Eagles holding a slim 37-36 lead over the Knights. Wartburg led UW-La Crosse in field goal percentage (50% - 48.5%) and free throw percentage (50% - 0%), but the Eagles connected on more threes (5-3) and converted on those treys at a higher percentage (41.7% - 37.5%) than the Knights.

Both teams continued to play one another closely throughout the second half until the Eagles began to break loose late in the matchup. With 6:45 left in regulation, UW-La Crosse led Wartburg by two at 64-62, but an ensuing 8-0 run would put the Eagles up 10 (74-64) with 4:16 left to play.

The largest lead the Eagles would attain would be 11 points with 2:51 left in regulation, which proved to be too much to overcome as the Orange and Black fell to the Eagles 86-77.

Leading the Knights in scoring was Sabus with 18 points on five of eight shooting (62.5%), including going a perfect eight for eight from the free throw line. Sabus pitched in an additional four assists and three rebounds in the loss. Three other Knights scored in double digits, as guard Spencer Touro '22 scored 17 points and went five for five on three-pointers, center Josh Gehling '19 finished with 15 points and guard Max Smith Drahos '21 scored 15.

The Knights and Eagles were dead-even on total field goal percentage (50%), but led UW-La Crosse in free-throw percentage (66.7% - 64.7%). The Eagles led the Knights in three-point percentage (44% - 38.9%).

The Knights will look to snap their current three game skid on Dec. 20 when they travel to Fort Lauderdale, FL., to face New England College in the first game of the Cruzin Classic.

Competitor. Advocate. Champion.

Brock Rathbun '21 has the opportunity to be Wartburg wrestling's first four-time National Champion. However, after being diagnosed with type 1 diabetes his senior year of high school, he spends time advocating for it as well. - **Julie Drewes/** *MARKETING & COMM.*

Rathbun wrangles opponents on the mat and diabetes off of it

ANNIKA WALL
SPORTS EDITOR
annika.wall@wartburg.edu

After redshirting his first season of wrestling at Iowa, Brock Rathbun '21 knew it was time for a change.

"I wasn't enjoying wrestling anymore," Rathbun said. "I never wanted to go into the [wrestling] room anymore, which is a lot different than here. Being in the room here is my favorite time of the day."

Without the switch, Rathbun wouldn't have the opportunity to make Wartburg wrestling history. After winning a national title at 133 pounds in 2018, Rathbun could be the college's first four-time National Champion.

While wrestlers face challenges such as cutting weight, Rathbun faces a whole other challenge. Right before his last high school wrestling season, Rathbun was diagnosed with type one diabetes, typically referred to as juvenile diabetes.

"I was eating and drinking like normal, but I was super thirsty, drinking gallons and gallons," Rathbun said. "Obviously, if you drink that much, you're going to pee a lot. I'd wake up seven, eight times during the night to pee. I know what I usually weigh, and I checked my weight and I was 20 pounds lighter than what I should be. I don't usually lose weight not in wrestling season."

Rathbun realized he needed to go to the doctor. After a blood test, the Center Point-Urbana graduate learned he had type one diabetes after blood sugar levels read over 600, when normal levels are around 100.

Everything changed for Rathbun that night. The wrestler checks his blood sugar between two and four times a day now. Diabetes can make cutting weight more difficult, as Rathbun cannot skip meals and must be conscious about his food intake.

"He's a talented wrestler, but more important than that is his drive. That's the intangible," Eric Keller, Wartburg head wrestling coach, said. "He's a competitor in every sense of the word. He hates to lose. That's the other part of it. A lot of guys want to win, but to be able to want to do the other part of it and do what it takes."

After being crowned a national champion, Rathbun began selling T-shirts, with the profits going toward diabetes research. Rathbun continued with his philanthropic efforts by selling bracelets. Rathbun's efforts have raised more than $1,400 for diabetes research. Also, the wrestler and other teammates take part in the JDRF One Walk in Cedar Rapids, which helps raise awareness and money for diabetes.

"He's being an advocate," Keller said. "He's never let it be something that inhibits him from doing what he wants to do. That's pretty special."

To support Rathbun and type one diabetes research, go to www2.jdrf.org and search for "Team Rathbun."

"He's a competitor in every sense of the word. He hates to lose.

- Eric Keller, head coach

-Anthony Quesada Sánchez/*TRUMPET*

Hazardous on the court

Young basketball player excels after transfer

RYAN REEBENACKER
SPORTS WRITER
ryan.reebenacker@wartburg.edu

Tori Hazard '19 began her college basketball career last season as a member of the Simpson Storm, but after a late summer change, this season she dons the orange and black of the Wartburg Knights.

"I just felt like it wasn't a good fit for me," Hazard said. "The girls there, they're great, but we didn't really click together. That was one of the reasons."

Before her collegiate career, Hazard made waves at Janesville High School, ranking ninth in points per game in the state of Iowa. However transferring to Waverly, which is closer to home, was a huge factor.

"I guess you could say it [Simpson] was a little too far from home," Hazard said. "I live about five or ten minutes from here and really it's just better to be closer to home."

Emma Gerdes '20, a team captain, believed that Hazard's talent would erase any doubts had by Wartburg's players.

"She's a really good player and probably the best passer I've ever played with or against," Gerdes said. "She fits in awesome. She's one of those people, she's quirky and goofy and that's fun to be around."

In addition to other pressures, Hazard faced switching positions during her transition to Wartburg. As a first-year at Simpson, Hazard was used as a post-up guard. Now as a second-year with the Knights, she is starting fresh at the forward position.

After moving around nearly her entire life, Tori Hazard has found a home with the Wartburg Knights. -**Annika Wall**/*TRUMPET*

> *"Tori's a trememdous athlete, one of the best that we've ever had.*
> *-Bob Amsberry, head coach*

"Tori's a tremendous athlete, one of the best that we've ever had," Bob Amsberry, women's basketball head coach, said. "She's so explosive and bouncy and she's a playmaker. She's gonna fill a stat sheet in a lot of ways. She's really really talented, and I think the more she gets used to playing in our system, she's just going to get better and better."

Wartburg's system is one that Hazard believes she can thrive in.

"I like the way they play here," Hazard said. "It's my tempo that I want to play with. And the team is so welcoming, that was a big thing for me, because they are way friendly."

Hazard's story extends beyond her transfer and success at the college level. Hazard has moved from place to place her entire life, from growing up in Boston, to spending elementary and middle school in Arizona and then finishing high school in Janesville, Iowa.

"It's been difficult, but at the same time it's made me have a strong connection with my family," Hazard said. "I would also say it made me antisocial. We moved around so much so I had difficulty talking to people."

In addition to the natural stressors of moving schools, Hazard also has to deal with the heightened expectations of being a young star on a team that graduated its entire starting lineup last season and reached the NCAA Final Four.

Those expectations reach into the coaching staff as well, as Amsberry has referred to her as "one of the best athletes we've ever had" on multiple occasions.

"It surprised me, you know," Hazard said. "I don't think of myself as a great player, I don't have a big head I guess you can say. So when coach said that about me, it made me feel really proud. I want to keep up those expectations he has for me and prove him right."

Hazard is currently second on the team in assists with 27 and third in scoring and rebounding with 10.4 points and 4.5 rebounds per game.

Knights post four pins over Rams

ANNIKA WALL
SPORTS EDITOR
annika.wall@wartburg.edu

The second-ranked Wartburg wrestling team defeated the Cornell Rams for the 28th consecutive time on Friday, Dec. 7. The Knights ran away with a 38-6 victory, extending Wartburg's home dual winning streak to 32.

Starting off the night in the 125 pound weight class, Brady Kyner '21 pinned Brody Lamb at 2:58 to put the Knights up 6-0.

At 133 pounds, Brennen Doebel '20 followed at 133 pounds with a pin of his own at 1:30, defeating Cornell's Devin Stortz and extending the Knights' lead to 12-0.

Wrestling at 141 pounds, Brenden Baker '20 won a 9-7 decision over Jake Wulf to create a 15-0 lead.

To put Wartburg up 18-0, Zayren Terukina '22 defeated Austin Thomas in the 149 pound match with a 12-7 decision.

Top-ranked Cross Cannone '19 used an aggressive opening period to post a 16-0 technical fall over Casey Allen, giving the Knights a 23-0 lead. Cannone's 27 career technical falls place him third in program history. Former teammate Kyle Fank '18 holds the record with 30.

In the night's only matchup of two ranked opponents, third-ranked Mike Ross '21 took on ninth-ranked Ben Hewson. There was no score until the second period, when Ross escaped to take the 1-0 lead. However, that was the only point Ross would score, as he eventually lost a 3-1 decision, making the meet score 23-3.

At 174 pounds, fourth-ranked Kyle Briggs '21 posted a 3:17 fall against Wylie Allen. The pin gave the Knights a 29-3 lead.

Iowa Central transfer Isaiah Cox '20 took on Bryce Oveson in the 184 pound match, winning by a 9-7 overtime decision against Bryce Oveson. After giving up back points, the junior college All-American posted a take down to force overtime and then another one to win the match and give Wartburg a 32-3 lead.

"We practice that all the time," Cox said. "You're down by a certain amount of points and then have to dig deep."

Brennen Doebel co-leads the team with Brenden Baker in falls with seven on the season. - **Annika Wall**/*TRUMPET*

In a battle of the Trevors, Wartburg's Trevor Walton '21 extended his winning streak to five with a pin at 2:04 over Cornell's Trevor Trende at 197 pounds, making the Knights' lead 38-3.

To finish out the night, Bowen Wileman '19 was defeated by a 7-6 Chris Lyons decision with a last-second takedown, bringing the final score to 38-6.

"Some guys were wrestling at a really high level and some guys weren't wrestling to the best of their ability," Head Coach Eric Keller said. "I'm not talking about wins and losses, I'm just talking about guys wrestling and the effort they're putting forth. For us, success is wrestling as hard as they can the entire time and not every guy did that tonight."

Next up for the Knights are the Desert Duals in Las Vegas, NV,on Monday, Dec. 17.

Sacia named finalist for Gagliardi trophy for second-straight year

WARTBURG SPORTS INFORMATION
katiejo.kuhens@wartburg.edu

Matt Sacia '19 has been named one of the four finalists for the 2018 Gagliardi Trophy given to the most outstanding football player in NCAA Division III by Jostens and the J-Club of Saint John's University of Minnesota.

This was the second-straight year Sacia advanced to the finalist round. He helped Wartburg repeat as conference champions and was also named the Conference Offensive MVP for the second-straight year. Sacia ends his career as the program's leader in pass completions (688), touchdown passes (93), pass completion percentage (66.2), pass efficiency (164.8), passing yards/game (245.1), and is second in passing yards (9,069) and pass attempts (1,039).

His pass completion percentage (70.0), passing yards/game (279.2), and pass efficiency (179.6) stand as the single season school record.

The Gagliardi Trophy, given annually since 1993, recognizes excellence in athletics, academics and community service. The award is named after John Gagliardi, Saint John's legendary Hall of Fame head football coach who retired in 2012 with 489 career victories, the most in college football history. John passed away this past fall at the age of 91.

The four Gagliardi Trophy finalists were revealed by D3football.com on Thursday, Dec. 6, in a live streaming broadcast. The winner of the 2018 Gagliardi Trophy will be announced by D3football.com on Friday, Dec. 14 prior to the Amos Alonzo Stagg Bowl.

The trophy design features a sculpture of Gagliardi and a player, representing the teacher-coach and the student-athlete in a one-on-one sideline consultation. Hand-cast in bronze on a polished wood base, the trophy stands nearly two feet tall and weighs approximately 64 pounds. The words "The Gagliardi Trophy presented by Jostens & J-Club" are printed on the acrylic panel behind the figures. The words "Division III 2018 Player of the Year" and "Honoring Excellence in Football, Academics and Community Service" are etched on two panels below the figures.

Nominations were submitted by colleges across the country, and 13 semifinalists were selected by the J-Club Board of Directors. A fan ballot, which served as the 40th committee member was operated on D3football.

Upcoming Sports Schedule

Dec 17

- Wrestling vs. Simon Fraser University @ Las Vegas, NV
- Wrestling vs. Concordia @ Las Vegas, NV
- Wrestling vs. North Central @ Las Vegas, NV
- Men's Bowling @ Glenn Carlson Las Vegas Invitational

Dec 18

- Men's Bowling @ Glenn Carlson Las Vegas Invitational
- Women's Basketball vs. Randolph-Macon College 12 p.m. @ Las Vegas, NV

Dec 19

- Men's Bowling @ Collegiate Shoot Out, Las Vegas, NV
- Women's Bowling @ Collegiate Shoot Out, Las Vegas, NV
- Women's Basketball vs. Cabrini University, 12 p.m. @ Las Vegas,

Dec 20

- Men's Bowling @ Collegiate Shoot Out, Las Vegas, NV
- Women's Bowling @ Collegiate Shoot Out, Las Vegas, NV
- Men's Basketball vs. New England College, 8 p.m. EST @ Fort Lauderdale, FL

Dec 21

Men's Basketball vs. SUNY Poly 6 p.m. EST @ Fort Lauderdale, FL

Dec 29

- Women's Basketball vs. North Central College, 1 p.m.

From Tigers to Knights

Three women's basketball players rejoin on the court four years later

ANNIKA WALL
SPORTS EDITOR
annika.wall@wartburg.edu

Cedar Falls alumni Emma Gerdes '20, Adrienne Boettger '19 and Ally Conrad '21 qualified for the Iowa State Basketball Tournament together in 2015. –**Photo courtesy of Ally Conrad**

Following a successful high school basketball career, Adrienne Boettger continued her basketball career at Wartburg. One year later, Emma Gerdes made the same decision and the next year, Ally Conrad became the third Cedar Falls commit in three years to continue basketball at Wartburg College.

"It's really special that Ally and Emma are at Wartburg too," Boettger said. "When I came here, there was no one from Cedar Falls. It's really fun, being able to play with them ever since toddler basketball, and now we're playing college ball together. I never would've imagined it."

On February 24, 2015, the Cedar Falls high school basketball team traveled to Kennedy High School in Cedar Rapids in a bid to qualify for the Iowa State Basketball Tournament for the first time since 2008.

With a score tied at 49, then high school sophomore guard Conrad threw up a last-second layup to send the Tigers on to state. The team, including Gerdes, a junior guard at the time, and Boettger, a senior post, celebrated a new era in Cedar Falls basketball.

"There were really no words to describe it," Conrad said. "We were all so tight-knit that we were super close and had great chemistry. Being the team that got the ball rolling again to go to state was awesome. No one expected it, so it was great to have a lot of people there to cheer us on."

As the underdog, the Tigers overcame a seven-point deficit on the journey to Wells Fargo Arena. For Gerdes, it is a memory not easily forgotten.

"I think it also wasn't very expected of our team to make it to state," Gerdes said. "We were kind of the underdog in that game, and I don't know why I remember it like it was yesterday."

Conrad, who also looked at Coe and the University of Iowa, noted that having former teammates at Wartburg made the transition comfortable.

"It wasn't as scary at first," Conrad said. "It's just a lot of fun to get back on the court with them again. After high school I wanted to play with them again, so I thought I'd come to Wartburg."

The trio were members of last year's Final Four qualifying team. Even though the stage was larger, each remembered the experience at state basketball and applied it to the Final Four game. Gerdes posted 11 total points in the loss, Boettger snagged four rebounds, and Conrad kept the team energized from the bench.

From the nearly-undefeated 2017-2018 experience, each Cedar Falls alum earned starting positions on the court during the current season. Gerdes and Conrad are both shooting guards, while Boettger dominates in the paint. From playing together in elementary school, the trio has a chemistry unique to Wartburg.

"I've played with both Adrienne and Ally for years," Gerdes said. "We have kind of a chemistry that you don't have unless you've been playing with each other for years. It's something a lot of teams don't have."

That chemistry has fueled the Knights to a 6-2 start to the season.

After coming off the bench last season, Ally Conrad '21 has earned a starting role on the court. Conrad boasts 4.5 rebounds per game and 21 total assits on the season. –**Julie Drewes/***MARKETING & COMM.*

Adrienne Boettger '19 (left) and Emma Gerdes '20 (right) both came off the bench as role players on last year's final four qualifying team. –**Julie Drewes/***MARKETING & COMM.*

Trumpet Athletes of the Week

Cross Cannone

Earned his 27th career tech fall against Cornell, placing him third-best in program history.

Emma Gerdes

Broke her career high in scoring twice this week, starting with 16 points against Loras and 19 against UW-Eau Claire.

UW-Eau Claire upsets 17/19 Knights

ANNIKA WALL
SPORTS EDITOR
annika.wall@wartburg.edu

The 17/19 Wartburg women's basketball team was upset by the University of Wisconsin-Eau Claire Blugolds in Levick Arena on Saturday, Dec. 8, 72-67.

The Knights claimed the first basket of the game off a Tori Hazard '21 layup, but the Blugolds claimed the first quarter, 20-17. The Knights used a nine-point run to take a 32-30 lead into halftime. However, Eau Claire outscored the Knights in the third quarter, taking a 61-59 lead into the final period.

With 35 seconds to go in the game, the Knights were down by six and looking for a three-pointer. While Emma Gerdes' '20 first attempt missed, Wartburg secured the rebound. Bailey Brown '22 missed a jump shot, but Wartburg recovered it again. Finally, Gerdes nailed a trey with 19 seconds left. Even so, it wasn't enough to stop the Blugolds, as they forced the Knights' second loss of the season, 72-67.

Gerdes led the Knights with a career-high 19 points. She added six assists and five steals, both team-highs. Amanda Brainerd '20 and Katie Lindeman '20 each posted double-figure scoring as well with 15 and 11 points, respectively.

Hazard led Wartburg in rebounds with eight. She tacked on seven points and four assists as well.

As a team, Wartburg shot 37.5 percent from the free throw line compared to a 70.9 percent season average.

Following finals week, the women will travel to Las Vegas, NV, where they will compete in the Trip Sports Las Vegas Tournament Dec. 18-19. The Knights will begin with Randolph-Macon College at noon on Dec. 18 before facing Cabrini University at noon on the 19th.

EXPLORING BELIEFS

Communities of Faith

PG. 2a

HOMEMADE

Food & Drink, Worth It's Salt

PG. 4a

THE COMPASS

Outdoor Adventures

PG. 6a

A Winter Wonderland in Waverly

Anthony Quesada Sanchez/TRUMPET

Live people, live music and sometimes even live animals are all a part of the sights and sounds of the holiday tradition in Waverly.

"It's picture-esque, it's amazing," Tiffany Schrage, Waverly's tourism and events director, describes an annual holiday event that transforms the downtown area into a winter wonderland featuring live holiday window displays, hot chocolate and incredible holiday spirit.

"My husband is a long time Waverly resident and as we met he said Christmas Greetings to him was this magical thing they had done ever since he was a little boy," Schrage said. "Every year that was something he looked forward to when they came down as a family. And so it's my job to make sure things like that continue and to make sure that this tradition furthers on generation after generation."

Christmas Greetings on Main begins Dec. 13 with the ceremony at the Waverly Area Veterans

Waverly celebrates p. 10a

SILVIA OAKLAND
RUN THE VALLEY EDITOR
silvia.oakland@wartburg.edu

COMMUNITIES OF FAITH

Students, faculty and staff joined together to worship in the Wartburg College Chapel. - **Courtney Moser**/*RUN THE VALLEY*

Discovering faith in the Waverly area

COURTNEY MOSER
RUN THE VALLEY STAFF WRITTER
courtney.moser@wartburg.edu

Wartburg College prides itself on being a Lutheran-affiliated school while remaining inclusive of all religious practices. The community of Waverly and the surrounding area reflects that value through the variety of ministries and congregations available.

MAKING THE TRANSITION TO COLLEGE FAITH

When selecting Wartburg, some students have clear expectations of how to incorporate a spiritual life, while others look to explore various religious options and practices. With 31 Christian denominations and several more religions currently represented at Wartburg, the college strives to accompany students on their spiritual journey.

For Annika Krieg, a third-year student, expectations were clear.

"I was looking for a church that had a good sense of community and a welcoming kind of environment," Krieg said. "I also looked for involvement on campus or just some sort of involvement with college-age ministry which I was happy to find in B.A.S.I.C."

Brothers and Sisters in Christ, or B.A.S.I.C., is a college-age worship community through Orchard Hill Church that meets at the University of Northern Iowa. Orchard Hill Church has three campuses including one in Waverly where Jesse Henkle serves as the lead pastor.

"We're here to connect and offer opportunity to be part of a faith community," Henkle shared as a welcome.

That connection and sense of community was an aspect that Danielle Gerlach, a third-year student, wanted while in college.

"I wanted to be involved, but I didn't have any set expectations," Gerlach said. "I just wanted to see what there was and if I felt a sense of community. That was kind of a big thing to have a community of faith and people with me."

The transition to faith at college can be smooth for students who find what they are searching for, however for some students, this can be a challenge.

Yusra Malik, a second-year student, is Muslim and would like to attend Friday prayers but finds it challenging due to time constraints.

"Our service is during mid-day so it's not enough time to go on Fridays when I'm at school, but when I'm home, I usually go," Malik said.

The nearest mosque is located in Waterloo which is 19 miles from Waverly.

"Because it's kind of out of the way, I don't go to the mosque as regularly when I'm at school," Malik said. "If there was one in Waverly,

CROSSPOINT CHURCH
Service Times
8:30 & 10:15 a.m. Sundays
Location
215 3rd Street NW, Waverly
Contact Information
office@waverlygrace.org
(319) 483-5116

GRACE BAPTIST CHURCH
Service Times
10 a.m. Sundays
Location
1110 4th Street SW, Waverly
Contact Information
office@waverlygrace.org
(319) 352-1464

EMBASSY VINEYARD CHURCH
Service Times
10 a.m. Sundays
Location
319 W. Bremer Avenue, Waverly
Contact Information
ben@waverlyvineyard.net
(319) 352-2656

LIFE CHURCH
Service Times
10 a.m. Sundays
Location
1013 E. Bremer Avenue, Waverly
Contact Information
office@waverlylife.com
(319) 352-2038

ORCHARD HILL CHURCH WAVERLY CAMPUS
Service Times
9:30 a.m. Sundays
Location
Waverly-Shell Rock Middle School
501 Heritage Way, Waverly
Contact Information
waverly@orchardhillchurch.org
(319) 266-9796

Continuing religious exploration and growth

I would definitely attend it as much as I could. I'm still very grateful for the Wartburg community and the inclusive environment."

> "I'm really thankful for all of the opportunities that we have in the Waverly area and here at Wartburg to get connected."
>
> *- Annika Krieg, a third-year Wartburg student*

GAINING INTERNATIONAL PERSPECTIVE

International students face similar challenges involving faith while assimilating to college life. For Sierra Leone native Charmaine Denison-George, a fourth-year student, faith has proven to be an important aspect of life. Prior to arriving in Waverly, Denison-George faced challenges while studying in India.

"Where we were at was a rural area in India and there were literally no churches," Denison-George said. "I felt that I would only be able to worship back home every year when I would return for summer breaks, but that is when I got a realization of how strong my faith was."

While touring Wartburg's campus, Denison-George recalls asking questions about the college's religious practices.

"Everyone else was business as usual, but I remember asking 'when is weekday chapel?' because I was starved from this for so long after being away from home. I was excited to get involved in Spiritual Life and Campus Ministry," Denison-George said.

College can also be a time of discovery for students.

"We were Protestants as a family, but my mom still took us to a Catholic church once in awhile because my mom wanted us to know how it works," Joe Makondo, a third-year student from Cameroon, said. "I wouldn't say I really had the choice of going to Sunday church and all of that, so it was a lot of my parents rather than who I was. When I left home, this whole thing of discovering myself became an issue."

In the process of exploring faith, Makondo says he pulled away from the faith he was raised in.

"I feel bad now because it feels like I have kind of pulled away from what my parents taught me, and it's part of developing and growing," Makondo said. "I've learned that no matter how far I stay away from them, there's still some fundamentals I can't forget like praying before every meal."

Despite some continued practices, Makondo believes college is a time of discovering new practices.

"Religion was a habit for me when I was in Cameroon, but now I'm trying to make it more than a habit here in the U.S,. especially because I'm away from home and family so I need that support which is usually what religion helps with," Makondo said.

Whether exploring practices or standing firm in their faith, international students have a support system on campus. Zafrul Amin, director of international student services, aids interested students in attending area churches.

"If I know what religious background they are coming from and they really want to go, I try to connect them with members," Amin said. "We have a friendship family coordinator. I talk to her and then try to see if we can find somebody from that church in the area who can pick up the student here and there. We try to help do that."

WARTBURG CHAPEL PROVIDES OPPORTUNITIES FOR EXPLORATION

The Dean of Spiritual Life and Campus Ministry, Pastor Brian Beckstrom, notes that all students are invited to explore faith at Wartburg.

"We are here to support the spiritual life of the students, faculty and staff and because of that, we are very open to exploration," Beckstrom said. "A lot of our students that are involved in Spiritual Life and Campus Ministry now came with no religious background or very little, so I think this is an environment where you can really explore and not worry about feeling uncomfortable or feeling as if you're not allowed to ask questions. You're allowed to do that."

At Wartburg College, faith is upheld as one of the four pillars. The college provides a designated time for Chapel services each Monday, Wednesday and Friday from 10:15-10:35 a.m. Chapel services are held in the Wartburg Chapel and are open to students, faculty, staff and the general public.

"Having dedicated time set aside for chapel is really important. It signals that this is of value to the institution," Beckstrom said. "It's one of our most deeply held values, and it's one of our pillars, so we want to be encouraging students to explore their faith in a way that's respectful of who they are but also gives us an opportunity to think about big questions in life."

In addition to chapel services, Beckstrom leads Sanctuary, a service at 9 p.m. on Wednesday evenings that includes a relaxed time of Bible study, fellowship, music, prayers and communion. Students are also welcome to enjoy snacks and conversation beginning at 8:45 p.m.

"Sanctuary is another opportunity for students to get together and share communion which I think is an important thing and definitely a big part of the tradition here," Beckstrom said.

Another worship opportunity Wartburg provides is a 10:30 a.m. Sunday church service at least once a month. In addition to spiritual and religious involvement on campus, Beckstrom encourages students to be involved within the greater community.

"What we really hope for our students is that they find ways to be able to be engaged spiritually both on and off campus because both of those are really important to the institution and also to the community," Beckstrom said.

COMMUNITIES OF FAITH WELCOME WITH OPEN ARMS

Within the 30 mile radius of Wartburg College, over 225 churches and communities of faith are open to the public. Just in Waverly, there are 20 church communities.

The Trinity United Methodist Church Pastor, Carolyn Bowers, welcomes anyone who wishes to worship together.

"We would love to have anybody that wants to come," Bowers said. "We are a very open and accepting church."

Waverly Orchard Hill Church offers many opportunities for visitors and members.

"I think churches have so much to offer," Jesse Henkle, lead pastor of the Waverly campus of Orchard Hill Church, said. "Between attending services, leading worship, sharing music, getting involved with youth groups and service and other things, there's something for everyone."

In addition to a variety of ways to be involved, multiple faith denominations are represented within the Waverly area. Daniel O'Brien is a fourth-year religion major at Wartburg College and agrees the area has multiple opportunities.

"There are so many different churches available that I think there are options for people to explore even different denominations," O'Brien said.

Area faith practices represented include Catholic, Lutheran, Presbyterian, Baptist, Episcopal and other forms of Christianity, as well as Islam and Judaism.

"I'm really thankful for all of the opportunities that we have in the Waverly area and here at Wartburg to get connected," Krieg said.

For Denison-George, the opportunity to worship with a community of faith is important regardless of affiliation.

"I'm not a stickler for a particular denomination as long as I go and I can sing hymns or whatever form of songs really and just feel connected and recharged with scripture or just that community. It's the little things like that that help," Denison-George said.

HOW TO GET CONNECTED

To get connected or learn more about places of worship within the area, Wartburg College Pastor Brian Beckstrom is available to offer guidance. Contact Beckstrom at brian.backstrom@wartburg.edu or visit the Spiritual Life and Campus Ministry office on the second floor of the Wartburg Chapel.

For more information about a community of faith in the area, contact the staff of that church.

REDEEMER lutheran church

REDEEMER LUTHERAN CHURCH
Service Times
5:30 p.m. Saturdays
8 & 10:30 a.m. Sundays
Location
2001 W. Bremer Avenue, Waverly
Contact Information
(319) 352-1325

SAINT MARY CHURCH Waverly

ST. MARY CATHOLIC CHURCH
Service Times
5:15 p.m. Saturdays
8 & 10 a.m. Sundays
Location
2700 Horton Road, Waverly
Contact Information
office@stmarysfamily.com
(319) 352-2493

St. Paul's LUTHERAN CHURCH & SCHOOL

ST. PAUL'S LUTHERAN CHURCH
Service Times
5:30 p.m. Saturdays
7:30, 9 & 11 a.m. Sundays
Location
112 2nd Avenue NW, Waverly
Contact Information
life@stpaulswaverly.org
(319) 352-3850

TRINITY United Methodist Church

TRINITY UNITED METHODIST CHURCH
Service Times
8:30 & 10:30 a.m. Sundays
Location
1400 W. Bremer Avenue, Waverly
Contact Information
(319) 352-2590

Wartburg College

WARTBURG COLLEGE CHAPEL
Service Times
Weekday Chapel:
10:15-10:35 a.m. M-W-F
Sanctuary:
9 p.m. Wednesdays
Sunday Worship:
Jan. 20, Feb. 3 & 17, March 17, April 14, May 26
Location
100 Wartburg Blvd., Waverly
Contact Information
SLCM.Office@wartburg.edu
(319) 352-8388

FROM SEED TO SIP: Coffee first

Erik Johnson (LEFT), co-owner of Duo's Coffee & Ice Cream, stands next to a manual coffee roaster. The storefront of Duo's Coffe & Ice Cream is shown (RIGHT). **-Robert Newell**/*RUN THE VALLEY*

Local shop owner uses personal coffee philosophy

ROBERT NEWELL
RUN THE VALLEY STAFF WRITER
robert.newell@wartburg.edu

There are the early morning risers, the late-night studiers and the addicted victims to the sweet nectar of the barista gods and goddesses, people just love coffee. In Waverly, a vibrant taste of coffee meets dedicated passion and love at Duo's Coffee and Ice Cream. The master roaster and co-owner responsible for much of the success of Duo's is Erik Johnson.

"Good coffee is made when it is loved from start to finish," Erik said. "If it is grown with care, roasted with attention to detail and brewed with love, it'll be the best damn cup of coffee you've had and you'll know it right after that first sip."

Duo's offers a variety of coffee and ice cream selections and comfortable seating. Every day Erik offers a new brew of coffee available with roast temperatures for those who like different levels from dark to light. The coffee is roasted right behind the counter where purchases are made for all to see the process from beginning to end.

The scenery and the people provide the shop a homely atmosphere not found in many coffee outlets. This is reflected in people such as James Barry who enjoy spending time there.

"I just love coming here to do homework while working on my MBA," said James Barry, mortgage and consumer loan officer for State Bank and long-time Waverly resident. "It's good company, good people and great coffee. I just love being here."

Erik spent his mid-twenties as a wilderness therapist and honing his love for music. He earned a bachelor's degree in Lithuania in theology and philosophy with his wife Becky Johnson. Erik finally found his calling in the strangest way. The possibility of roasting coffee from his own home was sparked and changed his life.

"When he (my friend, Adam) said I could roast it at home, there was just this electric moment where I said to myself 'I want to do that,'" Johnson said. "And it was a spiritual experience. This stuff is roasting in front of me and I'm just looking at it like 'I can't believe this is actually happening.' And as I sat waiting for the coffee to steep in my French press, I was thinking 'This is what I'm meant to do.'"

This love for making coffee drove Erik to follow the new-found passion and learn the craft of roasting coffee, which led to him becoming the lead roaster of Dunn Brothers Coffee in Minnesota. After spending time learning the craft, Johnson and his wife became co-owners of Duo's in 2017.

> "Good coffee is made when it is loved from start to finish."
>
> *- Erik Johnson, owner Duo's Coffee and Ice Cream*

"When you drink a good cup of coffee, you feel better," said Erik. "You enter a different state then where you were before that coffee. You drink really bad coffee, you feel bad. And I'm telling you, in that bad coffee is abuse."

Years of diligent work in roasting and brewing high quality coffee defined Erik's ability to determine well-crafted coffee versus name brand and mass-produced coffees. In Johnson's opinion, coffee should never have the same taste each time if it is roasted correctly.

"What we are dealing with is seasonal, geographic, human things that change all the time. You're lucky if you can make stuff taste the same every time," Erik said. "When you look at it, things are always changing. That's why I make my coffee different every day."

Erik believes that big chain coffee shops are particularly bad offenders of keeping the same coffee taste. This is based off a model of consumer demand that requires specific coffee tastes to stay consistent according to Erik knowledge working at Dunn Brothers Coffee.

"There is no love," Erik said. "Coffee is super labor intensive. Around 12 people have helped to make each bag of coffee that I get. And if I were a large operation, the cut of pay those 12 people get is almost chopped by a third to ship it over with more efficiency."

On average, Erik claims that multi-chain coffee shops pay farmers a third of what local coffee shops like Duo's pay.

According to Abigail Abesamis, author of "Here's Why Fancy Coffee Costs So Much More" from the Huffington Post, in a time where coffee demand is at an all-time high, big name brands like Folgers and Starbucks are potentially leading towards a collapse in the industry.

"Global coffee prices are dropping below $1 a pound for the first time in 12 years,"Abesamis said which is worrisome to "the coffee farmers whose livelihoods are threatened by this crisis."

Erik Johnson plans to fix this one cup of coffee at a time. Erik and Becky Johnson have gone to farms and pay more than the standard rate for coffee beans. The goal for Duo's is to provide customers, Erik said, with a satisfying experience of well-crafted coffee that has been loved from seed to sip.

"This shop for me is to try and do something that is true. Something that's real. And this has to apply with everything we do here from the customer service, how we communicate our coffee on the board, how its brewed, roasted and to where it comes from."

AROUND THE TOWN RESTAURANT REVIEWS

DELL'S DINER:
Homestyle cooking

ADDRESS:
404 W Bremer Avenue,
Waverly, Iowa

PHONE:
(319) 352-1984

Dell's Diner is a quaint little sit-down restaurant on Bremer Avenue in Waverly. Offering breakfast and lunch options from early morning till midafternoon, Dell's provides a homestyle eating experience. The dining area, though relatively small, provides a comfortable atmosphere to enjoy a made from scratch meal with family or friends. For quality food at an affordable price nestled in a comfortable environment, Dell's Diner is the place to eat.

SASQUATCH JACKS:
Dining with a theme

ADDRESS:
404 118 10th Street SW,
Waverly, Iowa

PHONE:
(319) 559 - 2444

Bar and grill Sasquatch Jacks opened in August 2017. Sasquatch Jacks offers a variety on the menu with burgers filled with seafood, grilled portabella mushrooms and even catfish. Sasquatch Jack offers lunch and supper daily and breakfast on Saturday and Sunday. The rustic atmosphere features hunting and hiking materials amongst the many references to sasquatch providing an welcoming dining and artistic experience.

New bakery set to open in Waverly

ROBERT NEWELL
RUN THE VALLEY STAFF WRITER
robert.newell@wartburg.edu

A new bakery, "The Mixing Bowl," is reported to be opening soon in downtown Waverly along Bremer Avenue. Matt Lamos, co-owner of the Mixing Bowl with his wife and Terri Meister, lead baker for the Mixing Bowl and Wartburg College graduate.

Lamos said the Mixing Bowl will combine many great aspects of Iowa's small businesses by featuring a house pastry chef while showcasing local bakers, as well as other Iowa favorites such as Rach's Kitchen near Fairbank. The bakery will feature Duo's coffee.

"The soon-to-be open Mixing Bowl bakery is an exciting addition to Waverly's downtown business district," Travis Toliver, executive director of the Waverly Chamber of Commerce & Main Street Program said. "We at the Chamber are looking forward to working with them and know that the community will enjoy having a bakery back in downtown."

The Mixing Bowl has started taking catering orders. For more information, go to The Mixing Bowl's Facebook page at facebook.com/MixingBowlWaverly/.

Logo for Waverly's newest business, The Mixing Bowl. Courtesy of Mixing Bowl Facebook Page.

Imagery of bakery items available at The Mixing Bowl. Courtesy of Mixing Bowl Facebook Page

"The soon-to-be open Mixing Bowl Bakery is an exciting addition to Waverly's downtown business district."

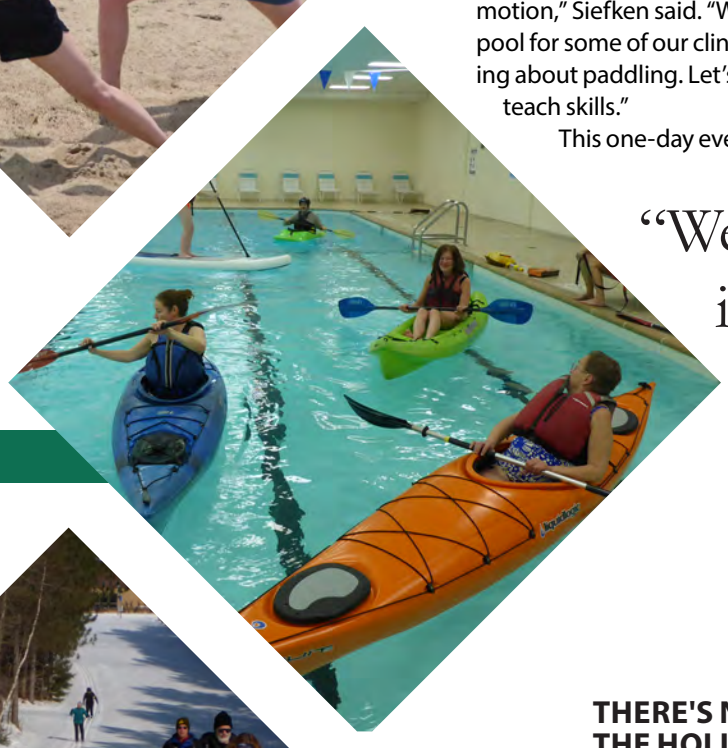
- Travis Toliver, executive director of the Waverly Chamber of Commerce & Main Street Program

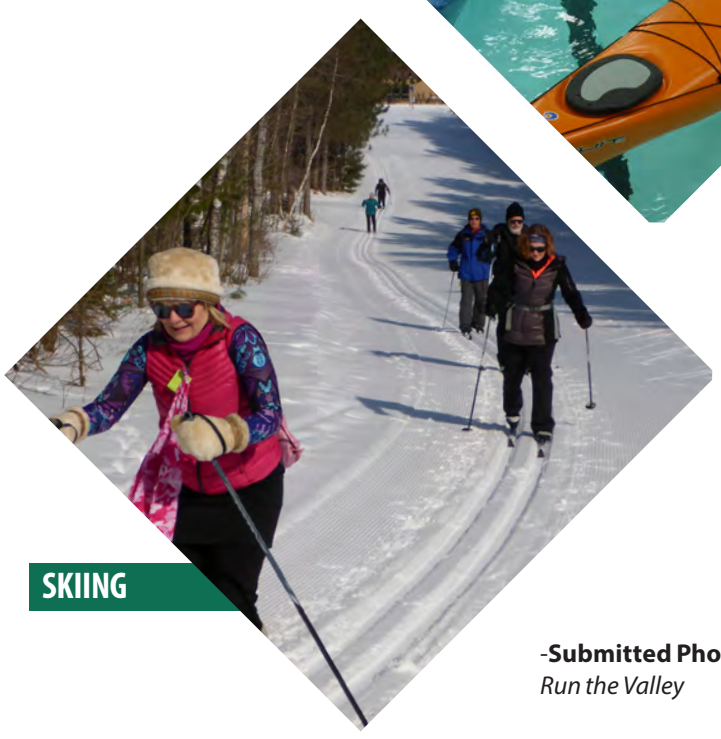
ADVENTURES AWAITS
with Crawdaddy Outdoors

ISLE ROYALE

KAYAK FISHING

YOGA


POOL CLINIC


SKIING

-**Submitted Photos**/ *Run the Valley*

JULIANA PELAEZ
RUN THE VALLEY STAFF WRITER
juliana.pelaez@wartburg.edu

WAVERLY, Iowa - As the end of the year nears, outdoor adventure event organizers in the community are preparing for 2019. One business in particular is at Crawdaddy Outdoors 207 E. Bremer Avenue, Waverly.

Crawdaddy Outdoors boasts "Where your adventures begin,"it offers a variety of gear and equipment with a focus on kayaking. The shop is a top three in Iowa and the midwest as one of the biggest kayak stores.

From gear to supplies such as kayaks, camping gear, backpacks, clothing, books, and kites for children, this store is for anyone to explore.

Crawdaddy also features local events and trips for anyone to register for the public throughout the year.

"We have a variety of trips through the store, so we do a one day river trip, we do weekend backpacking and kayaking trips, we also do five to seven day more high adventure kind of trips," Darrin Siefken, said owner of Crawdaddy Outdoors. "So, sea kayaking at Lake Superior, backpacking the Superior hiking trail. And go to other locations here in the midwest for up to a weeks worth of time."

Siefken has organized Paddle Fest which will be held on Jan. 26, 2019 at the Wartburg College, Waverly Sports & Wellness Center. This is a one-day event that is specifically dedicated to teach new paddlers how to paddle, and water safety. The event will feature vendor booths and other sessions, in the water for experienced paddlers.

"We're gonna put a little more oomph into that event, a little bit more advertising, a little bit more promotion," Siefken said. "We're actually gonna use the pool for some of our clinics, sitting in a classroom talking about paddling. Let's get in the pool and actually teach skills."

This one-day event encourages the public to get involved in paddling and interact with other paddlers. The event is open to anyone with any level of experience. For more information, contact Vern Fish at vernfish@aol.com or Darrin Siefken at info@crawdaddyoutdoors.com, or visit the website crawdaddyoutdoors.com/product/2019-paddlefest.

Other outdoor events that the public can participate in include the Waverly Rail Trail Candlelight Ski, which will be held 5-7 p.m. on Saturday, Jan. 27. There is no prior registration needed for the event and no payment is necessary to attend. The Waverly Rail Trail will allow for cross country skiing, snowshoeing and walking. Nestle's Hot Cocoa will be served at a bonfire at the turn around point for participants.

If the forecast states that temperatures will be below 0 degrees Fahrenheit wind chill before the event, the event will be cancelled.

For more information, visit www.waverlyia.com or contact Darrin Siefken at (319) 352-9129.

The store hosts many kayak demo days Thursdays and Saturdays from April to September in 2019.There are several options for purchase, such as river floats to specialized fishing kayaks. The event does not require prior registration and are free.

Also, Marsh Migrations, which kayakers paddles through Sweet Marsh in rural Tripoli, will be led by, Siefken and renowned wildlife photographer Kip Ladage. The trips will be held on Tuesdays through March - May and on two Sundays in April and May. The cost is $20 to rent a kayak, and $10 without a kayak rental.

Crawdaddy is hosting a White Rock Conservancy Kayak Trip April 12-14, 2019 to the Middle Raccoon River in Western Iowa. The event is open to all skill levels. The trip includes daily kayak floats with opportunities to hike through the conservancy area of savannas, restored prairies, riverside bluffs and other historic sites. The cost of the trip is $225.

A Cuyuna Mountain Biking and Kayaking Adventure will be held in Cuyuna, Minnesota Aug. 9-12, 2019. Accompanied by Crawdaddy staff, there will be mountain bike trails and kayaking on the lake. Mountain bikes will not be provided.The cost of the trip is $325.

For more information, go to crawdaddyoutdoors.com.

> "We're gonna put a little more oomph into that event, a little bit more advertising, a little bit more promotion."
>
> *- Darrin Siefken, owner of Crawdaddy Outdoors*

UPCOMING EVENTS

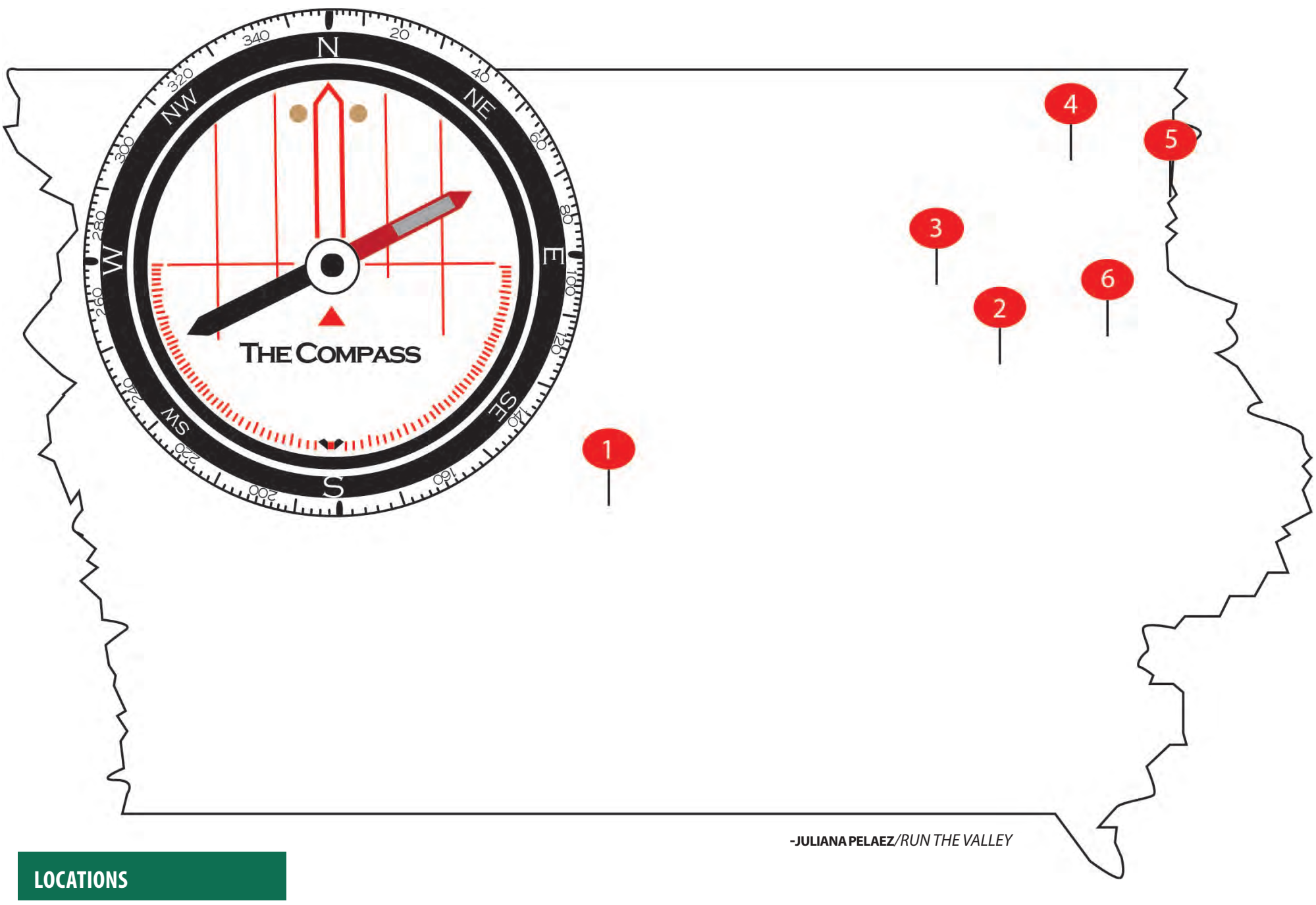
THERE'S NO PLACE LIKE HOME FOR THE HOLIDAYS 5K & 10K
Dec. 21 - Dec. 31, 2018
Anywhere (virtual race)
More information: virtualrunrace.com

PADDLEFEST
Jan. 26, 2019
Wartburg-Waverly Sports & Wellness Center
Contact: Vern Fish vernfish@aol.com
Darrin Siefkin info@crawdaddyoutdoors.com

BARNELOPET CHILDREN'S SKI OR WALK
Feb. 2, 2019
Decorah Community Prairie
4 Ohio St, Decorah, IA 52101
Contact: 563-382-9681
info@vesterheim.org
vesterheim.org

TRIBYKNIGHT TRIATHLON
May 4, 2019
Wartburg-Waverly Sports & Wellness Center
Contact: 319-352-8717
wartburg.edu/triathlon

BREMER COUNTY RELAY FOR LIFE
June 7, 219 5-10 p.m.
Waverly-Shell Rock Senior High School 1405 4th Ave SW, Waverly, IA 50677
Contact: 1-800-227-2345
RelayForLife.org



-JULIANA PELAEZ/*RUN THE VALLEY*

LOCATIONS

1. CLIMB IOWA, 3605 SE MIEHE DRIVE, GRIMES
2. WAPSIPINICON RIVER - WATER TRAIL, BUCHANAN COUNTY
3. CEDAR BEND COUNTY PARK, PRARIE LINKS GOLF COURSE & EVENT CENTER- 19 EAGLE RIDGE DR. , CEDAR BEND CAMPGROUND, WAVERLY
4. DUNNINGS SPRINGS PARK, ICE CAVE RD. DECORAH
5. SPOOK CAVE CAMPGROUNDS, 13299 SPOOK CAVE RD. MCGREGOR
6.HART RIDGE GOLF COURSE, 1645 195TH ST. MANCHESTER

RAGBRAI organizers release logos

JULIANA PELAEZ
RUN THE VALLEY STAFF WRITER
juliana.pelaez@wartburg.edu

Get ready to pack your bags and your bikes for the upcoming 46th annual RAGBRAI bicycle ride from July 21-27, 2019. RAGBRAI, which stands for the Register's Annual Great Bicycle Ride Across Iowa, allows participants to see new faces and make new friends through a seven-day bicycle ride across the state of Iowa. The event is one of the oldest bicycle tours in the world that runs through the towns of Iowa.

Riders come from all across the United States as well as many other countries to participate.The ride includes 468 miles of road and is not flat, as the route starts near Iowa's Western border on the Missouri River and ends along the Eastern border on the Mississippi River.

Every year the route is changed and is announced at the RAGBRAI Route Announcement Party, in the Des Moines Register and on the RAGBRAI website in late January of each year. The announcement party will be held on Jan. 26, 2019, and include information on camping on the route is, will be released.

Before the announcement party logos for the ride are release via a video on Oct. 24, 2018. The logos give riders a hint of the type of route through Iowa te ride will take. This year per the logo the route will include farmlands.

"Both logos have the sun at our backs. East to West for the first time," Stephen Foster said, a participant who commented on the article that was released on the "Introducing the RAGBRAI XLVII Logo!"

As the countdown commences on the days to RAGBRAI, riders have a chance to sign up for the ride. For more information on the ride, registration, or tickets to the RAGBRAI announcement party, go to ragbrai.com.

New perspectives on art abound in the Cedar Valley

LIAM EASLEY
RUN THE VALLEY STAFF WRITER
liam.easley@wartburg.edu

The quiet, dimly lit room is soothing as the art on the walls reflect endless stories that can be portrayed in infinite forms. Stress and anxiety of projects and work temporarily disappear, as the setting of the art gallery offers a mental break.

The Waldemar A. Schmidt Art Gallery is located in the lobby of the Bachman Fine Arts Center on Wartburg College, 100 Wartburg Boulevard, campus. Exhibitions rotate every two to three months in the gallery.

Currently, the gallery features an exhibition by Peter Goché, an experimental artist that uses site-adjusted installments as a primary medium. Installment art is three-dimensional art that is installed within its environment.

"We are able to bring in artists that are a little different from the norm," Johanna Kramer-Weston, art gallery director at Wartburg, said. "It really becomes an extension of the classroom."

There are more than 300 pieces of artwork in the Wartburg permanent collection. The artwork is spread throughout campus. Two paintings were purchased from artist Barbara Walton, and the paintings are on display in the first floor of the Science Center.

Regionally, the Waterloo Center for the Arts is a museum that features exhibits in Waterloo. Vertigo: Preach R Sun is the most recent exhibit which opened on Nov. 30. The exhibit is co-sponsored by the University of Northern Iowa Department of Art and showcases art created by using sound, video, and the human body.

Every third Thursday of the month the Waterloo Center for the Arts hosts a "$1 Day," and admission is only one dollar. On these days, the museum is open late until 8 p.m. The next $1 Day is on Dec. 20.

The art center also hosts art classes such as creative journaling, stained glass making, silversmithing and more. The classes are usually four weeks in length.

Unlike the Waterloo Center for the Arts, the Cedar Rapids Museum of Art (CRMA) in Cedar Rapids has a lot of rotating exhibitions instead of multiple permanent ones.

CRMA is currently hosting an exhibit called "One Man, One War, One Hundred Years," which is a collection of paintings from Urbandale artist Michael Wilson. The exhibit is based off of a journal owned by his great uncle who served in World War I.

Wilson specializes in oil paintings inspired by Grant Wood and Andrew Wyeth. He enjoys depicting historical and rural happenings in his work. In 2015, one of Wilson's exhibits won first-place in the Celebration of Iowa: Agriculture Art Award.

The museum also owns the largest collection of Grant Wood paintings in the world. Wood is best known for his painting "American Gothic," which is currently located in the Art Institute of Chicago. His work depicts the rural American Midwest, which was inspired by living in northeastern Iowa his entire life. Admission is free to the Grant Wood studio at CRMA.

In February, the CRMA is hosting an exhibit of a timeline through photographs of the life of John F. Kennedy.

"[Kennedy] was the last president to craft his image using photojournalism," Sean Ulmer, executive director of CRMA, said. "The exhibition is about Kennedy, but it's also about the power of photojournalism and the power of the press."

The exhibit, called "American Visionary: John F. Kennedy's Life and Times," will open on Feb. 2, 2019. The images were collected from the John F. Kennedy Presidential Library, Getty Images, the Kennedy family archives, as well as various private collections.

"Creativity is one of those very important things that all disciplines are embracing, and, seeing it in the art field, I think it can inspire people in their own fields," Ulmer said. "You don't need to be an artist in order to learn something by coming to an art museum and being inspired by your visits to an art museum."

As Des Moines is a city centered around the arts, it is no surprise that the city has its fair share of art galleries. One such gallery, Olson-Larsen Galleries, features around 70 professional artists as well as one rotating exhibit.

The current exhibit, called "Mending Fractures," featuring Lee Emma Running and Kim Hutchison. The exhibit features are created from what most people consider to be garbage. Unlike Running, who deals with a somewhat more grotesque art form, Hutchinson collects discarded fabric and creates collages.

"[Running] gathers roadkill – deer – and cleans them and then rearticulates the skeletons with added elements, so this time the added elements are bones casted out of glass which she added to the skeletons," Susan Watts, the owner of Olson-Larsen Galleries, said.

However, according to Ulmer, art galleries are not just for showing art, they offer space for expressing creativity in multiple forms.

Kramer-Watson agrees that galleries and museums are a stress-free area, and that it is important to have one on a college campus.

"An art gallery is often a quiet, meditative, and contemplative place," Kramer-Weston said. "There's always such crazy action, and it's a space that is open all day, is unsupervised, and it's free. It's a good way to see things that you wouldn't see otherwise and it's a good way to have some peace."

Artwork (right) by Peter Goché on display in theWaldemar A. Schmidt Art Gallery in Wartburg College - **Liam Easley/** *RUN THE VALLEY*

The Waverly Palace Theatre teases updates with a sign that says "stay tuned." **-Liam Easley**/*RUN THE VALLEY*

WAVERLY PALACE THEATRE

Reopening plans include restaurant, bar

LIAM EASLEY
STAFF WRITER
liam.easley@wartburg.edu

After being closed since February 2018, the Waverly Palace Theatre is reopening in the future. While the official opening date is uncertain, the theater is keeping its original name. However, there will be a lot of big changes.

Cory Henke has started Movie Guys LLC with two of his business partners. Movie Guys LLC was created after they saw the opportunity to buy the Waverly Palace Theatre.

"Movie theaters in general have a place in history," said Cody Henke. "They are very symbolic to a lot of families."

The small company won the Iowa Economic Development Authorities Challenge Main Street Grant which is worth $75,000. With the grant, themovie guys plan to open up the theater more comfortable seating, a restaurant and studio apartments on the second story.

"We have a lot of visions of what we'd like to do," Kyle Dehmlow, Henke's business partner, said. "It's hard to say what we're going to do exactly yet."

> "We intend to take the theater away and bring back the windows, so from that restaurant/bar, you'll be able to overlook the Cedar River."
>
> *- Cody Henke, an owner of Waverly Palace Theatre*

Henke and Dehmlow are excited about opening a restaurant and have plans to have a bar with microbrews on tap.

"Theater three lines the river, and all the windows are blocked over," Henke said. "We intend to take the theater away and bring back the windows, so from that restaurant/bar, you'll be able to overlook the Cedar River."

As a Waverly native, the Waverly Palace Theatre was very important to Henke.

"Whether it's friend's night, date night or just getting a relief from the studies, having a local theater that's just a few minutes away, I think would be huge," said Henke.

Movie Knight was hosted by the Waverly Palace Theatre that offered Wartburg students admission for only $1. The event will continue under the new ownership.

It should be important to know that none of this is final. Every plan for this movie theater is a rough draft, and some ideas presented within this article may not happen. However, this is what Henke and Dehmlow hope to bring to Waverly.

Wartburg's purchases artwork for campus collection

Artist Barbara Walton's work on display in the Science Center on campus. **-LIAM EASLEY**/*RUN THE VALLEY*

LIAM EASLEY
STAFF WRITER
liam.easley@wartburg.edu

Wartburg's private art collection spans campus and includes illustrations and three-dimensional pieces.

Some of Wartburg's most recent purchases include two small canvas pieces by Barbara Walton. The paintings were purchased February 2018 and both are titled "Regarding Oil," and show birds trapped and smothered in oil. The paintings are of the same series and are meant to show how oil spills can severely damage wildlife. The birds portrayed in the paintings resemble ones that have been rescued and are waiting to be cleaned.

"Both are relatively small, encaustic paintings," said Johanna Kramer-Weston, the director of the art gallery. "The encaustic medium is wax and pigment."

According to a written statement by Walton that was sent to Kramer-Weston, the paintings are composed of soy wax and microcrystalline wax. This was new for Walton, but she wanted to expand her horizons as an artist.

"In order to focus on the new materials for this series of paintings, I choose the subject matter in relation to the specific type of wax used on each support," said Walton in a written statement about the two paintings. "I.e. beeswax reflects the history and the poetry of bees, microcrystalline wax the politics of petroleum and soy wax, the effort to go 'green'."

This project was a collaboration between Walton and Iowa State University scientist Dr. Tong Wang, a scientist who specializes in lipid chemistry.

The two paintings are located on the first floor of Wartburg's Science Center.

GALLERIES & MUSEUMS

GALLERY 106
106 Main Street
Cedar Falls, Iowa
Phone: (319) 610-6632
Email: seericksart@gmail.com
Website: facebook.com/pg/gellery106/

WATERLOO CENTER FOR THE ARTS
225 Commercial Street
Waterloo, Iowa
Phone: (319) 291-4490
Email: museum@waterloo-ia.org
Website: waterloocenterforthearts.org

CEDAR LAKE ARTS CENTER
17 S. 4th Street
Clear Lake, Iowa
Phone: (641) 357-1998
Email: clac@cltel.net
Website: clartscenter.com/cgi-bin/index.pl

CEDAR RAPIDS MUSEUM OF ART
410 Third Avenue SE
Cedar Rapids, Iowa
Phone: (319) 366-7503
Email: info@crma.org
Website: crma.org/Default.aspx

GILDED PEAR GALLERY
808 3rd Avenue SE.
Cedar Rapids, Iowa
Phone: (319) 366-0205
Email: suzy@gildedpeargallery.com
Website: gildedpear-gallery.com

SEMVA ART GALLERY
320 S. Broadway
Rochester, Minnesota
Phone: (507) 281-4920
Email: semvaart@gmail.com
Website: semva.com/Main/

OLSEN-LARSEN GALLERIES
203 Fifth Street
West Des Moines, Iowa
Phone: (515) 277-6734
Email: info@olsonlarsen.com
Website: olsonlarsen.com/

KAVANAUGH ART GALLERY
228 5th Street
West Des Moines, Iowa
Phone: (515) 279-8682
Email: kagallery@gmail.com
Website: kavanaugh-gallery.com

ARTISAN'S SANCTUARY
1070 7th Avenue
Marlon, Iowa
Phone: (319) 573-2537
Email: artisansanctuary@gmail.com
Website: artisansactuary.org

The confirmation class of 2019 at St. John's Lutheran work hard to serve visitors hot cocoa and cookies as they drive through the scene of lights. **Silvia Oakland**/*RUN THE VALLEY*

HOLIDAY ROAD: Seasonal destinations

Finding holiday cheer at celebrations throughout Iowa

PEYTON MEISNER
RUN THE VALLEY STAFF WRITER
peyton.meisnerr@wartburg.edu

With the holiday season here, visiting Sumner, Iowa, for Lights in the Park as a great destination for many families. With the holiday lights open 5 to 9 p.m., from Nov. 18 through Jan. 2, 2019,, there is plenty of time to visit.

Meredith Smith oversees the project, now in its third year, and said there are some key additions.

"This year they will feature a brand new 30-foot lighted Christmas tree," Smith, said. "There will also be a Santa house with visits every Sunday in December, as well as a coloring contest for any children who are interested. Free hot chocolate is provided every Thursday through Sunday."

The Lights in the Park is free and open to the public.

Sumner boasts more than the park program to highlight the holiday season.

"There is the lighting of the annual town Christmas tree, great shops to do holiday gift buying, free movies every Saturday in December at 1 p.m., along with other great community activities to check out," Smith said. "We have an incredible local support and without so many tremendous people, none of this would be possible."

The Christmas tree lighting is hosted by the Excelerating Sumner Committee, and sponsored by local businesses, along with garnering community support.

Other events include the Reiman Lights and Train display in Ames. The train display is now in its fourth year, while the outdoor light show will be unveiled for the first time this year.

"Visitors both young and old will be enchanted by the custom-built garden scale train," Maria Teply, communications director for the Reiman Gardens, said. "Those who attend can also check out our butterfly wing, miniature buildings and historical bridges."

The Lights and Train Display is open from 9:30 a.m. to 4:30 p.m., Nov. 17 through Jan. 6, 2019.

In the Amana Colonies, tradition abounds. One long-standing tradition now in its 33rd year is the Amana Colonies Prelude to Christmas.

"Visiting the Prelude to Christmas is an old world feel to Christmas that has decorated streets and special shopping," David Rettig, executive director of the program, said. "The Tannenbaum Forest is our biggest event, with over 45 decorated Christmas trees donated and put on display.

The Amana Colonies Prelude to Christmas is open from Fridays, Saturdays and Sundays, Nov. 23 through Dec. 16.

SUMNER LIGHTS IN THE PARK
Open through Jan. 2
5 to 9 p.m. daily

REIMAN LIGHTS & TRAIN
Open through Jan. 6
9:30 a.m. to 4:30 p.m. daily

AMANA COLONIES PRELUDE TO CHRISTMAS
Open through Dec. 16
Open on Fridays, Saturdays and Sundays

Waverly celebrates annual Christmas on Main event

◂ Continued from p. 1a

Post, where Santa hands out glow wands to children and soon after the church bells ring at 6 p.m. to signal the beginning of the event.

Soon after visitors will flock down to Bremer Avenue to stroll up and down from Fourth Street Southwest to Fourth Street Southeast, to admire the carefully decorated windows of businesses downtown and in the whole city of Waverly, all following this theme, "Bells on Bremer."

"It's a great opportunity for all of our businesses and organizations to come together to create this amazing spectacle for the community," Schrage said. "Some businesses do their own window, but Darin from Crawdaddy Outdoors has a group come in and do two of his and then he does another one."Crawdaddy Outdoors has been open in Waverly for 14 years and each year the owner Darin Siefken has participated in the celebration of Christmas on Main. With three large windows that face Bremer Avenue, each one is full of action during the celebration.

"We have three different spots in our window whereas other businesses have only one location. A lot of times we have three different groups, but one group is usually singing. We've had Double J Wranglers, they do cowboy christmas music, and then we usually have Wartburg College or a group from the high school," Siefken said.

Other businesses downtown use windows to create one, large story that follows the theme. Love and Lace, a floral and clothing shop, has four large windows that are each filled with people and music. Kerri Buresh, the store manager, works hard every year to make the business' windows come alive with holiday spirit. In years past, the shop had a reindeer outside of the store greeting those walking by. This year, Buresh is working with Crosspoint Church to have short snippets of the church's musical performed in the windows.

For more information, go to waverlyia.com/chamber-of-commerce/.

"We generally have a lot of music in our windows," Buresh said. "Sometimes if there isn't a lot of action people might just walk by and that's not the purpose of what we're trying to do downtown. We're trying to get people to stop and see what the hard work is all about, because it is a lot of work, but it's fun and exciting and it's part of the Christmas tradition downtown."

Businesses that are not located downtown still enjoy participating in the Christmas on Main tradition, like CUNA Mutual while located far from the downtown area, the company still decorates a window and features a live display. CUNA Mutual already has a high presence in the Waverly community, according to Sharina Shallis the community relations manager at CUNA Mutual.

"We are one of the largest employers in Waverly and that is something we are prideful about," Shallis said. "We see ourselves as a partner in the community a lot of our employees we have about 49 percent of our employees call Waverly home and it only makes sense for us to be a partner in the community because that's where we're drawing our employees from."

Shallis said the company's relationship with BE Mick's, the storefront used during Christmas on Main, is also a strong and great partnership that has lasted more than 13 years. CUNA is all about community, and even in last year's window involved members of the Wartburg community by featuring the Wartburg Dance team performing a dance routine. However, Shallis does not take all the credit for the ideas and creativity of the company's window.

"People get excited to see that because our employees really lead these efforts," Shallis said. "They think of unique things based on the theme and it's not something I do. I really truly have a good employee base that does like to volunteer in the community."

Schrage has been planning for Christmas on Main since the beginning of November and is working hard to make the night full of magic and joy for everyone.

With the help of more than 500 volunteers, the event brings roughly 5,000 people to Waverly. The live holiday windows along with the other activities including Ron Dillavou, an ice carver, horse drawn trolly rides from Fareway to downtown and free donated hot chocolate from Nestle at "hot spots" along the street. The celebration is so popular that it was recognized as one of the "Ultimate Holiday Towns in America" on A&E in 2003, an honor that Waverly is proud to have.

"It gets a lot of people into the area I think we brought in about four buses of groups last year from anywhere from New Hampton, to Cedar Falls and Waterloo," Schrage said. "A lot of the smaller communities that come down for the two hours to check out Waverly are seeing the windows but they're also kind of familizaring with what Wavelry has to offer overall."

An Open Letter to Run the Valley Readers

Dear Run the Valley Readers,

As we stared at a blank page with blank brains due to pouring our hearts and souls into a very special section for the Trumpet, we were full of pride. Pride because we launched a new section, pride because our COM 305 Print Journalism class, through brainstorming, created the section from scratch, and pride because we all made it through the Fall 2018 term alive.

"I am so proud of the Print Journalism class for completing a free-form large-scale project like "Run the Valley." I wanted this project to be flexible and become their child this semester and as I saw the students in the lab each night last week, it did. I hoped for a lot, but was given more than I could have imagined. As I finished my very first semester here at Wartburg, I am astounded by the passion of the students in the Department of Journalism & Communication."

- Dr. Jessica M. Martin, visiting assistant professor of journalism & communication

"As I watched the pages of this section literally unfold, I beamed with pride. My classmates and I put this together, after hours of discussion at 7:45 a.m. Our brains came up with this wonderful thing. We grew together in our writing, our design and our passion for journalism. I have loved every minute in this class and creating this special section with such amazing people."

- Silvia Oakland, RUN THE VALLEY Editor

To all journalists and truth-seekers out there, we hear you and are dedicated to giving a voice to the voiceless. Thank you for reading.

RUN THE VALLEY →

MAYOR OF THE PEOPLE

Soash reflects on winning 2017 runoff election

RYAN REEBENACKER
RUN THE VALLEY STAFF WRITER
ryan.reebenacker@wartburg.edu

Dean Soash, mayor of Waverly, orbited around local politics for a long time before deciding to throw his hat in the ring to run for mayor in 2017. Soash previously served for 18 years on Waverly's Planning and Zoning Committee, and was a part of the Economic Development Commission. Running for office at age 80, Soash said, was a decision years in the making.

"I had been attending city council meetings over the years," Soash, a Shell-Rock native, said. "The public and the citizens decided there needed to be a change made. I would get bounced so to speak that you need to run for city council or for mayor. My wife and I would talk about it but we said 'No, it really wasn't the right time.'"

Soash wished for a city council that functioned in a cohesive way, but still couldn't find it in himself to run for office until some late advice from his family.

"My wife said, 'If you want to run for office, I guess you better run,'" Soash reflected. "Of course that happened to be two days after the filing deadline."

Soash relied on the help of his family to go door-to-door, hoping to earn public support for the write-in campaign due to missing the filing deadline. A runoff election was forced by 15 votes, an election that Soash won.

Dean Soash, Waverly's mayor, came into office after forcing a runoff ellection in the 2017 mayoral race, beating former mayor Chuck Infelt. - **Ryan Reebenacker**/*RUN THE VALLEY*

> "My wife said, 'If you want to run for office, I guess you better run.'"
> *-Dean Soash, Waverly mayor*

"I enlisted the help of my children, my grandchildren, and in some situations my great-grandchildren," Soash said. "So there was some legwork, but the message got out."

Since his election, Soash has established economics as a critically important part of the administration. As the former business owner of Dean's Light Box, a business Soash sold to his son in 1998, Soash felt that his ability to relate to the average working citizen in Waverly was one of his strengths. Soash still works at the business part-time.

"Bettering Waverly's economic situation is at the forefront of my goals," Soash said. "Our main focus right now is how do we attract new businesses, and where will we put them? Currently there is not a shovel-ready site identified that's ready to go for a prospective business. So economic development has been very high on my list, and has been since my time on the Economic Development Commission."

Another high-priority of Soash's administration was to improve the civility of the City Council, something that Dr. Brian Birgen, a city council member and actuarial science professor at Wartburg College, believes Soash has accomplished.

"I believe that Mayor Soash has done just a tremendous job," Birgen said. "I was unsure when he started, there were lots of people who supported him that I was worried about their motive, but Dean Soash has just been a tremendous asset to the town."

As for the possibility of a reelection campaign, it comes down to the attitude of the people.

"If word comes through that there are a lot of people that would rather I not do it this time around then that's how it might go," Soash said. "We'll just have to see what the future holds."

Once funding is secured, construction is planned for the Waverly Health Center. - **Ryan Reebenacker**/*RUN THE VALLEY*

Waverly Health Center set to undergo multimillion dollar renovation

RYAN REEBENACKER
RUN THE VALLEY STAFF WRITER
ryan.reebenacker@wartburg.edu

The Waverly City Council recently approved a measure to grant funding to the Waverly Health Center in the amount of around $27 million to begin a reconstruction and expansion project.

While the city of Waverly is the principal owner of the Hospital, the city emphasizes that these funds are not the burden of the ordinary tax-payer. Due to the size and rural nature of the community of Waverly, funds are being supplied by the United States Department of Agriculture.

"City is only the facilitator," Dean Soash, Waverly's mayor, said. "The taxpayers and citizens of waverly are under no obligation to pay those. Hospital funds only will be used for repayment."

Funding aside, Waverly Health Center CEO Jim Atty explains why renovating a hospital has its own unique set of challenges.

"Renovating a hospital isn't like renovating a restaurant," Atty said. "You can't close and reopen, so we have to be careful about the planning and making sure we're doing what's right for our patients and the community."

James Bronner, city administrator for the City of Waverly, also sought to express the impact that having a local hospital in a rural community has on the daily lives of citizens, as well as the businesses in town.

"I think when you look at a lot of the cities that are struggling and growing, and waverly is certainly one of them," Bronner said. "Having a successful regional hospital is key."

"It's gotta be one of the most important, if not the most important piece of the community," Soash said. "It has gotta be right up there with Wartburg College and of course the people that we have working in local government."

In relation to how the Waverly Health Center functions in the community, Jim Atty likes to think of it as an "economic support."

"I hope that Waverly citizens see this expansion and this renovation as more services that we can provide to them and their families," Atty said. "If a company is wanting to expand here we want them to know they have good healthcare options right here in Waverly."

The Waverly Health Center hopes to have secured funding by the end of the year. All indications point to the renovation beginning early next year, and being a multi-year project.

Bremer to recover from construction

RYAN REEBENACKER
RUN THE VALLEY STAFF WRITER
ryan.reebenacker@wartburg.edu

As construction on Bremer Avenue winds down after continuing since 2017, the city street remains a hot topic in the Waverly community.

The Iowa Department of Transportation (DOT) plans to conduct a traffic study in 2020 to assess how well the downsized three-lane road has worked. The results will be weighed by the city. Dean Soash, mayor of Waverly, said the avenue could become a four-lane road again, however Soash claims that a transition back could cost roughly $150,000.

"All indications right now point to things working pretty smoothly," Soash, Waverly mayor.

Bremer Avenue runs through the heart of the downtown of Waverly, and these past two years of construction have been devastating to many businesses. Soash, however, sees a light at the end of that tunnel.

"The construction was very poorly timed," Birgen, city council official, said. "I feel there were a number of things the Iowa DOT could have done to make it easier on us. I feel like the Iowa DOT had very little regard for the city of Waverly."

The Iowa DOT was contacted and declined to comment on the story.

"Hang in there," Soash, speaking to local businesses, said. "They've suffered for two years, and they're not gonna recover overnight. It's gonna take some hard work, construction isn't over yet. We encourage everyone to patronize our local businesses, and with the road construction allowing some parking along Bremer avenue we hope to see that very soon."